

YOUR BEST FEBRUARY

sun

mon




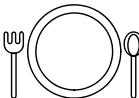








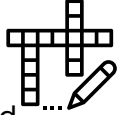

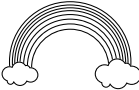





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thurs

fri

sat

	<p>1 Have 1 clove of fresh minced garlic.</p> 	<p>2 Air jump rope for 1 minute, 4 times today.</p> 	<p>3 Use crayons to doodle or color today.</p> 	<p>4 Give yourself a proper lunch break.</p> 	<p>5 Add 1 tablespoon of vinegar to a meal today for digestion & fullness.</p>	<p>6 Make a fruit-based dessert like dark chocolate dipped berries.</p> 
<p>7 Swap all grains to whole grains today.</p>	<p>8 Stand up & stretch every hour during work today.</p> 	<p>9 Eat fish for 1 meal today.</p> 	<p>10 Have a kefir shot + berry chaser for gut health.</p> 	<p>11 Chew on a few fennel seeds (5-10) after meals for a natural breath freshener!</p>	<p>12 Send an email to someone to say thank you.</p> 	<p>13 Don't look at your phone first thing in morning, sip a quiet cup of tea instead.</p>
<p>14 Take a bubble bath or relaxing shower w/ music.</p> 	<p>15 Wear a sleep mask tonight.</p> 	<p>16 Do skaters for 1 minute, 4 times today.</p>	<p>17 Enjoy a salad for lunch or dinner.</p> 	<p>18 Do a crossword puzzle for a brain boost.</p> 	<p>19 Try roasted garbanzo beans + piece of fruit for snack.</p>	<p>20 Eat dinner by candle light.</p> 
<p>21 Eat all 5 colors today.</p> 	<p>22 Play high vibes music as you meal prep.</p> 	<p>23 Turn off TV & put away your phone during meals.</p> 	<p>24 Make your desktop green. The calming color is associated with happiness.</p> 	<p>25 Find a new recipe to cook this weekend.</p>	<p>26 Flip through OLD photos today for a mood boost.</p> 	<p>27 Do a wall sit for 1 minute, 4 times today.</p> 
<p>28 Declutter one small thing like an online folder, drawer, or makeup bag.</p>						