

Friday 5th February 2021

Take 10,000 steps today



Complete Joe Wicks' Friday exercise (9am)



Try to have 8 hours sleep



Get crafty



Drink 8 glasses of water today



Reduce screen time by 50%



Listen to your favourite song on repeat



Watch your favourite movie or tv programme



Eat something delicious



Have a conversation with a friend or family member



Read a book



Get dressed up

