

#SmallChange



SUNDAY

1

Go to bed
an hour
early



MONDAY

2

Drink four
large glasses
of water
today



TUESDAY

3

Declutter a
cupboard



WEDNESDAY

4

Cook a meal
with your
family



THURSDAY

5

Do some
stretches
while the
kettle boils



FRIDAY

6

Start the
day with a
healthy
breakfast



SATURDAY

7

Go for a
10 minute
walk



8

Notice
three things
in nature



9

Have an
alcohol-free
day



10

Eat five
pieces of
fruit or
veg



11

March on the
spot during
an advert
break



12

Walk part
of your
journey



13

Name three
things you
feel lucky to
have



14

Measure the
portions on
your plate



15

Take a break
from your
phone for
an hour



16

Check in
with someone
who may be
struggling



17

Do 10
squats
or sit to
stands



18

Sit still for
five minutes
and be
mindful



19

Turn
leftover
veg into
soup



20

Dance to
your
favourite
song



21

Try a new
activity
with a
friend



22

Do an
online
exercise
class



23

Have a
meat-free
day!



24

Pay
yourself a
compliment



25

Do 10 star
jumps or
arm raises



26

Be curious
and learn
something
new



27

Write down
three things
you are
proud of



28

Explore
somewhere
new



29

Focus on
your
breathing



30

Make a
healthy
food swap



31

Set a
health
goal for
2023



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