

my awesome week of wellness!

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

HELLO DAY! + A MORNING
LEMON JUICE IN WATER

SEVEN SERVES OF VEGETABLES
AT LEAST ONE SERVE OF LEAFY GREENS

TWO SERVES OF FRUIT
WHOLE FRUIT, NOT JUICE

TEN GLASSES OF WATER
250ML

EXERCISE
AT LEAST 20 MINUTES, INCIDENTAL WALKING
COUNTS!

BE GRATEFUL
SPEND A FEW MINUTES THINKING OF THE GREAT
STUFF IN YOUR LIFE + GIVE THANKS

CHAMPAGNE MOMENTS
TAKE TIME OUT FOR YOURSELF + SHARE IT
#CHAMPAGNEMOMENTS