

# GET YOUR GLOW BACK CHALLENGE

*A - Get 8 Hours of quality sleep*

*B - Eat 5 pieces of fruit or veg*

*C - Get 20 minutes of exercise*

*D - Drink 2 Litres of water*

*E - Have a moment of mindfulness*

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30