

FEBRUARY

Love-Yourself Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Download the Love Yourself Challenge	Write down 5 things you're grateful for	<u>Dumbbell Pyramid Workout</u>	Take a 15 minute walk outdoors	<u>15-min Stretch</u>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Cook a tasty new recipe	5-min Morning Meditation	Zumba	Listen to your favorite song	<u>30-Min Resistance Band Workout</u>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Read a book for 15 minutes	De-clutter a room or desk	<u>Morning Yoga Flow</u>	Indulge in your favorite treat	Zumba
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Go to bed 30 minutes earlier	<u>Strong Arms & Core</u>	Make your favorite meal	<u>Lower Body Torch</u>	Spend some time outside
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
5-min Morning Meditation	Zumba	Do a hair or face mask at home	<u>Do Anywhere Workout</u>	Write down 5 things you're grateful for
DAY 26	DAY 27	DAY 28		
Take a power nap + Watch your favourite movie	Drink 2 L of water + <u>5-min Floor Stretch</u>	Zumba!		