



Awesome April

This month features 30 behaviours that will improve your health and fitness of your mind and body. Try and complete at least 20 activities for prize eligibility.

Once you complete an activity put an 'X' through that day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Eat at least 5 servings of vegetables	2 Spend at least 20 mins. doing stretching exercises	3 Get to bed an hour earlier than your normal bedtime	4 Try a new healthy breakfast you haven't had before
5 Do a steady paced longer workout	6 Hydrate – drink 2 litres of water	7 Write down 5 things you're grateful for	8 Take the stairs at every opportunity	9 Eat only home cooked food today	10 Go for a fast walk with a friend for 30 mins	11 Eat 15 varieties of food
12 Get sweaty for 40 mins or more	13 Spend 30 mins doing something relaxing	14 Do 30 mins of core exercises at home	15 Book a health appointment	16 Cook a few healthy meals and freeze them for future busy days	17 Set two fitness goals and work on them for 6 weeks	18 Consume no alcohol today
19 Ban the car for the day, use public transportation	20 Have a meat free day	21 Wear a pedometer for the entire day and check activity	22 Spend time with someone who inspires you	23 Cook a healthy dinner recipe you've never tried before	24 Do an interval workout for 30 mins	25 Improve your sleep hygiene, cut out caffeine after 3pm
26 Spend time listing everything you're achieved this year	27 Commit to not sitting for longer than 90 mins without a stretch break	28 Eat all meals and snacks slowly while seated	29 Do some new exercise you don't normally do	30 Try a day without bread, pastry, rice or potatoes		

Name: _____ Return your sheet to Julie Jones in Health Education by May 6th.