






























APRIL 2019



SUN	MON	TUE	WED	THU	FRI	SAT
	1  APRIL FOOL'S DAY	2  Bring your sneakers to work tomorrow	3  Take a walk (maybe invite someone to go with you)	4 	5  Take a stretch break every hour	6  Rediscover a favorite hobby
7 Plan your To Do list. Write it down. 	8 RELAX Try to meditate 3 times this week before work.	9 Call to a friend 	10 Goal today: 	11  Try to abstain from smoking today—at least cut back.	12  Start a book just for fun	13  Rent a funny movie
14 Journal anything you're anxious about in the coming week 	15  Take the time to listen to the birds	16 Drink more water (strive for 1/2 your weight in oz.) 	17  Listen to your favorite music. Dance like nobodies watching!	18 	19  Book a spa total makeover!	20 Take a walk in a park. 
21 Gratitude is the best Attitude	22 Make a goal to try Yoga or Tai Chi this week 	23 Gratitude Right down 3 things you are grateful for 	24  Minimize your intake of caffeine	25  Are you hungry or stressed?	26  Meet friends for lunch or dinner	27 WEEKEND GETAWAY 
28  Go to bed early tonight— start your week refreshed	29  Plan a vacation	30  Smile often!	