

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
-----Random Acts of Kindness-----						
10	11	12	13	14	15	16
-----Love and Admiration-----						
17	18	19	20	21	22	23
-----Cabin Fever Reliever-----						
24	25	26	27	28		
-----5210-----						

EVENTS

Random Acts of Kindness

Each day this week, practice random acts of kindness. Remember, kindness doesn't cost anything!

Love and Admiration

Tell someone you love or admire them every day this week. Maybe even take the time to send a note to someone who has impacted your life in a positive way.

Cabin Fever Reliever

Are the house walls closing in on you yet? Find at least three things to do outdoors this week for at least 30 minutes- if it is a ton of fun then do it more!

5210 Everyday

5 fruits and vegetables
2 hours or less of screen time
1 hour of physical activity
0 sugary beverages