





































SUN	MON	TUE	WED	THU	FRI	SAT	
Go for a walk 	Have a gadget free day 	Focus on your breathing 	Drink more water 	Plan an adventure 	Try a healthy new food 	Have a dance 	
Random act of kindness 	Do a family fitness session 	List what you are thankful for 	Colour together 	Try a new activity 	Write a happy poem 	Cook a meal together 	
Start the day with yoga 	Research your family tree 	Read a book together 	Hug a family member 	Skip Sugar 	Get crafting 	Bake healthy cookies 	
Go to bed early 	Make a handprint poster 	Do some stretching 	Make a rainbow salad 	Play hopscotch 	Wake early to see the sunrise 	Try fancy dress 	
Make a nature collage 	Try meditation 	Paint your family 	Play hide and seek 	Spot five birds 	Make fruit kebabs 	Sing your favourite songs 	
Eat a meal outside 	Play a board game 	<h1>Family Well Being Challenge Calendar</h1>					