

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



# Small Victory Calendar

## JANUARY 2022

Write a highlight of your day and place it in a Jar - do it every day... we will tell you when to open the jar

1

Drink 3 litres of water

2

Take a walking meeting

3

Have lunch

4

Do movement before work

5

Walk 10k steps

6

Go for a walk on lunch break

7

Listen to a podcast

8

Take 30 minutes to read

9

**STRETCH!**

10

Take the stairs, not the elevator

11

Make a smoothie for breakfast

12

No phone 1 hour before bed

13

No phone 30 minutes after walking up

14

Journal

15

Call a loved one and express how much you appreciate them

16

Take a long hot shower with no interruption

17

Try a new recipe from your Pinterest board

18

Upload a positive affirmation for yourself and save it to your lockscreen

19

Fully spring clean one room from your house

20

Purge and donate 10 items of old clothes or toys

21

Attend a free beginner class (yoga, barre or pilates)

22

Organize the folders on your desktop/laptop

23

Reach an inbox zero!

24

Have a plant-based day!

25

Do 10 squats everytime you go to bathroom...maybe don't tag us in this one...or do, we won't judge

26

Dance around your house like no one is watching

27

Look in the mirror, and out loud say something that you love about yourself, then say another, and another

28

Send a love letter or handmade card to someone in the mall

29

Add collagen to your coffee

30

Open your jar and read all the amazing things that happened in January

31

Tag us @leanfitbrand  
#FOREVERYJOURNEY