

The Asquith Wellness Challenge

This season we want to help you feel wonderful as we step into the winter months.

Each week we will be challenging you to create a new habit to help look after your mind, body, and soul. Small steps, create big changes so you can use this handy guide to help you on your journey. Simply tick off each wellness task once you have completed it as a daily reminder to look yourself so you can feel wonderful today, tomorrow and forever.

ASQUITH

Feel wonderful®

Wellness Tasks	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Sleep <i>Zzzz</i>	How many hours did you get?	How many hours did you get?	How many hours did you get?	How many hours did you get?	How many hours did you get?	How many hours did you get?	How many hours did you get?
Water Drink at least 2 litres a day							
Exercise Get your heart pumping	What type of exercise? How long for?	What type of exercise? How long for?	What type of exercise? How long for?	What type of exercise? How long for?	What type of exercise? How long for?	What type of exercise? How long for?	What type of exercise? How long for?
Meditation Even if it is only 5 minutes							
Yoga or Pilates Stretch, bend, breathe, move							
Nature Get out in the fresh air							
Tea break Go on, put the kettle on							
Self Care Bubble bath, face mask, a call with a friend.							
Smile All Day Everyday!							