

10 Steps to a more - fun month

The *10-steps to a more - fun month* may include some healthy food goals, some indulgences, some life adventures, and anything else you may think of which will help to shake you out of your monthly habits. Decide what 10 things you plan to do in the month and how often you plan to do them. Once a month might be the most challenging or the most indulgent. It's totally up to you.

Complete the table below and every time you meet a challenge tick the boxes

# X	ACTIVITY							
1 X								
2 X								
3 X)						
4 X					_			
5 X						_		
6 X								
7 X								
8 X								_
9 X								
10 X							·	