

Christmas & New Year Activity Planner 2020/21



Goals and benefits

Activity	Motivational Tools	Hydration	Exercise	Alcohol-Free Day	Sugar-Free Day	Sleep
Get Ready!						
Saturday 19th Dec						
Sunday 20th Dec						
Monday 21st Dec						
Tuesday 22nd Dec						
Wednesday 23rd Dec						
Thursday 25th Dec						
Friday 25th Dec						
Saturday 26th Dec						
Sunday 27th Dec						
Monday 28th Dec						
Tuesday 29th Dec						
Wednesday 30th Dec						
Thursday 31st Dec						
Friday 1st Jan						
Saturday 2nd Jan						
Sunday 3rd Jan						
Monday 4th Jan						
Tuesday 5th Jan						
Keep Going!						

Motivational Tools

Listen to your programming sequence.

Hydration

Aim for 2 litres or 8 glasses of water every day.

Exercise

Set a goal of 10,000 steps a day by January 8th.

Alcohol-Free Day

Set your target to 10 alcohol-free days.

Sugar-Free Day

Go for 10 sugar-free days.

Sleep

Try and get between 7-8 hours sleep every day.