

Christmas & New Year Activity Planner 2024/25

Goals and benefits



Activity	Motivational Tools	Hydration	Exercise	Alcohol-Free Day	Sugar-Free Day	Sleep
Get Ready!						
19th Dec Thurs						
20th Dec Fri						
21st Dec Saty						
22nd Dec Sun						
23rd Dec Mon						
24th Dec Tues						
25rd Dec Wed						
26th Dec Thurs						
27th Dec Fri						
28th Dec Sat						
29th Dec Sun						
30th Dec Mon						
31st Dec Tues						
1st Jan Wed						
2nd Jan Thurs						
3rd Jan Fri						
4th Jan Sat						
5th Jan Sun						
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.