

Relax ...



Me Time	Do something just for you, every day. 15 minutes and no screens.
Screen-Free Sundays	I'm no-where near achieving this one! Chatterjee suggest building towards it.
Gratitude Journal	Start a daily journal, writing 3 things you're grateful for - fleeting things are just as worthy as the big-ticket items.
Daily Stillness	Meditation, or just sitting quietly, clear the mind and just be.
Eat at The Table	At least 1 meal per day. In company, if possible, but the golden rule is no screens!

Eat ...



Reduce Sugar

Eat as little sugar as you can, and when you do need it, make your body work for it, for example eat an orange rather than drinking orange juice.

Eat the Rainbow

Different coloured veggies contain different nutrients . A rough guide is to eat 5 different colours a of vegetables a day.

12-Hour Fasting

The clock starts when you begin breakfast and stops when you finish dinner. Contain all eating within this 12-hour period.

1.2 Litres of Water

Keeping hydrated is hugely important for many reasons, so drink water, lots of it, every day!

Unprocessed Foods

Fewer than 5 ingredients = unprocessed. Make dishes from scratch to replace unprocessed foods as often as possible.

Movement ...



10,000 Steps	Although this is an arbitrary number it's something to aim for as a minimum. Think about how many steps you're currently taking and small changes to increase them.
2x Strength Training	Twice a week however suits you. At home, go to a class, or get a PT.
2x HIIT	High Intensity Interval Training elevates your heartrate, lets it recover, then spikes it again. I'm doing HIIT with a rowing machine, and I'm so unfit but proud to have started!
Movement Snacks	Mini exercises throughout the day: press ups when you get up, star jumps whilst waiting for the kettle, anything goes!
Awaken Sleepy Glutes	Transform your posture, strengthen your hips, and awaken your glutes. Watch the 4 exercises on youtube and practise daily.

Sleep ...



Darkness	Make sure your bedroom is completely dark.
Outdoors Before Noon	Spend 20 minutes outdoors every day - have a coffee, walk the dog, or take the kids to school.
Bedtime Routine	Build a bedtime routine, easing down, lowering the lighting and removing blue light, and going to bed around the same time every evening.
Manage Commotion	Avoid any commotion before bed. Don't look at work emails or raise a tricky subject with your partner late in the evening: avoid, avoid, avoid!
Morning Caffeine Only	Caffeine has a long half-life and can affect your sleep. Some people are more susceptible than others, but all of us can benefit from getting our fixes before noon.