MAY

1 COMPLIMENT SOMEONE	2 GO FOR A WALK AFTER WORK	3 HAVE A MEAT FREE DAY				
4 WRITE SOMEONE A LETTER	5 PAINT YOUR NAILS	6 BUY YOUR FAVOURITE FOOD	7 GET 8 HOURS OF SLEEP TONIGHT	8 HAVE A CAFFEINE FREE DAY	9 TAKE BAKING TO WORK	10 BOOK A SMEAR
11 JOG FOR 5 MINS	12 EAT SOMETHING NEW FOR LUNCH	13 SEND A BIRTHDAY CARD	14 GO FOR A WALK AFTER WORK	15 DONATE £5 TO CHARITY	16 DO YOGA FOR 30MINS	17 COOK A NEW RECIPE
18 START A NEW TV SERIES	19 BUY FLOWERS	20 WALK AND PICK UP RUBBISH	21 HAVE 3 DIFFERENT VEGES	22 TRY A NEW CAFE	23 REPLACE SOMETHING THAT'S BROKEN	24 WALK BEFORE WORK
25 GET A MASSAGE	26 DANCE TO YOUR FAVOURITE SONG	27 TRY A NEW VEGETABLE	28 RECIPE SWAP WITH SOMEONE	29 USE A FACE MASK	30 STRETCH FOR 20MINS	31 WRITE 3 GREAT THINGS ABOUT MAY

ERIN ELIZABETH NUTRITION