

# Fun Fuelled February

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 Stretch for five minutes before getting into bed

2 Touch your toes as many times as you can before the kettle boils

3 Dance to your favourite song

4 Go for a walk at lunchtime



5 Re-organise a cupboard



6 Choose the stairs where possible

7 Balance on one leg while you brush your teeth

8 Do one star jump every hour



9 Park further away than usual

10 Make circles with your head for a minute

11 Spend ten minutes outside



12 Jump on the spot for one minute



13 Lift two tin cans above your head before cooking



14 Shimmy your shoulders every time you yawn

15 Raise your legs five times while sitting

16 Clap your hands for thirty seconds

17 Lunge from one side of the room to the other

18 Do something that makes you smile

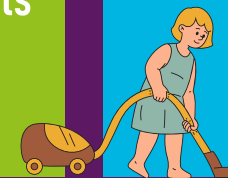
19 Do air punches for two minutes

20 Take today to breathe and be present

21 Wiggle your toes while scrolling on your phone

22 Mirror the movements of an actor on TV

23 Vacuum the living room



24 Squat when picking things up from the floor

25 Play a game with your family/friends



26 Follow a ten minute online video



27 Pretend you're playing a musical instrument



28 Read a chapter or an article standing up

Feel free to adapt or replace activities so your Fun Fueled February best suits you!

