

# Just For You June

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Feel free to adapt or replace activities so your Just For You June best suits you!

1  
Create your signature dance move

2  
Stretch for 5 minutes before going to bed

3  
Go to the park

4  
Vacuum as fast as you can

5  
Swap a car journey for active travel

6  
Stay on your tip toes while brushing your teeth

7  
Use the activity finder on Energise Me's website

8  
Lunge to the other side of the room

9  
Squat while you google a question

10  
Walk for 30 minutes to 1 hour

11  
Bring in 1 shopping bag at a time

12  
Lift an object above your head 10 times

13  
Get some fresh air at lunch

14  
March on the spot while watching TV

15  
Keep your arms raised for 2 minutes

16  
Stay on your feet for 10 minutes

17  
Follow an active, online video

18  
Do that house chore you've avoided!

19  
Choose the stairs whenever you can

20  
Do forward punches for 1 minute

21  
Get up at the start of every hour

22  
Extend your legs out 15 times while sitting

23  
Park further away than usual

24  
Do something you enjoy

25  
Phone a friend while spending time outside

26  
Dance to the first song you hear

27  
Make circles with your arms as you think

28  
Bend down to touch your toes 5 times

29  
Read an article standing up

30  
Repeat your favourite day