

Mindfulness May



fitness at your pace
Individual Guidance in the Pursuit
of Optimal Health & Wellbeing



MON	TUE	WED	THUR	FRI	SAT	SUN
<p>30 Cook your favourite meal and be mindful of the taste and the texture of the food and listen to your fullness cues.</p> <p>Date: /05/22 Signed: _____</p>	<p>31 Mystery Task To be announced on Mon May 23rd</p> <p>Date: /05/22 Signed: _____</p>	<p>4 Try a new class and be mindful of how you felt before and after the class.</p> <p>Date: /05/22 Signed: _____</p>	<p>5 Plan 10-15 minutes of a "ME Time" relaxation activity today (e.g. bath, audio or read a book, massage).</p> <p>Date: /05/22 Signed: _____</p>	<p>6 Make some time for a different type of exercise today. What did you do and did you enjoy it?</p> <p>Date: /05/22 Signed: _____</p>	<p>7 Take some time to meal plan for the week including 1 plant based meal.</p> <p>Date: /05/22 Signed: _____</p>	<p>1 Plan for 3-4 days at the gym this week (or at least some movement outside).</p> <p>Date: /05/22 Signed: _____</p>
<p>2 Book in a program up-date with a trainer. Write the program date here. What did you focus on?</p> <p>Date: /05/22 Signed: _____</p>	<p>3 Eat mindfully today. Appreciate the taste, texture and smell of your food.</p> <p>Date: /05/22 Signed: _____</p>	<p>4 Try a new relaxation tool today (art, music, meditation). Write down what you tried and did you enjoy it?</p> <p>Date: /05/22 Signed: _____</p>	<p>11 Clean eating food today. Be mindful of how that felt for you and write it down.</p> <p>Date: /05/22 Signed: _____</p>	<p>12 Add more steps to your day. If you have a tracker, aim for 10,000. If you don't add 10 min of movements at all 3 meal times.</p> <p>Date: /05/22 Signed: _____</p>	<p>13 Be mindful of hunger and fullness cues today and eat accordingly.</p> <p>Date: /05/22 Signed: _____</p>	<p>8 Declutter your pantry or clean out your fridge.</p> <p>Date: /05/22 Signed: _____</p>
<p>9 Complete 2-3 group fitness classes this week and list them.</p> <p>Date: /05/22 Signed: _____</p>	<p>10 Add more vegetables to your plate today. Make your plate as colourful as possible, like a rainbow.</p> <p>Date: /05/22 Signed: _____</p>	<p>17 Start your day with saying something that you are grateful for, write it down or share it with a friend.</p> <p>Date: /05/22 Signed: _____</p>	<p>18 Take periodic short 5 minute break away from your desk or take timeout if you aren't working.</p> <p>Date: /05/22 Signed: _____</p>	<p>19 Share one of your favourite recipes with a friend. What did you share?</p> <p>Date: /05/22 Signed: _____</p>	<p>20 Enjoy the outdoors. Try a minimum of 30 minutes out in nature.</p> <p>Date: /05/22 Signed: _____</p>	<p>15 Take some time to meal plan for the week. What did this look like?</p> <p>Date: /05/22 Signed: _____</p>
<p>16 Have a technology free night after 6.30pm. Be mindful of how that felt.</p> <p>Date: /05/22 Signed: _____</p>	<p>17 Start your day with saying something that you are grateful for, write it down or share it with a friend.</p> <p>Date: /05/22 Signed: _____</p>	<p>18 Take periodic short 5 minute break away from your desk or take timeout if you aren't working.</p> <p>Date: /05/22 Signed: _____</p>	<p>19 Try one of well-being classes and be mindful of how you felt before and after the class. Did you enjoy it?</p> <p>Date: /05/22 Signed: _____</p>	<p>20 Share one of your favourite recipes with a friend. What did you share?</p> <p>Date: /05/22 Signed: _____</p>	<p>21 Enjoy the outdoors. Try a minimum of 30 minutes out in nature.</p> <p>Date: /05/22 Signed: _____</p>	<p>22 Aim to go to bed at least 1 hour earlier tonight. Write day the time so you can commit to it.</p> <p>Date: /05/22 Signed: _____</p>
<p>23 Re-book a session with one of our trainers to check the progress of your program.</p> <p>Date: /05/22 Signed: _____</p>	<p>24 Create a gratitude list. List all the things you are grateful for.</p> <p>Date: /05/22 Signed: _____</p>	<p>25 Incorporate a new source of protein into your evening meal. What was it and how did it taste?</p> <p>Date: /05/22 Signed: _____</p>	<p>26 Make a hydration habit. Set a daily reminder to drink more water. Aim for 2-3 litres.</p> <p>Date: /05/22 Signed: _____</p>	<p>27 Give yourself a non food reward today. What was it and share your idea with a friend?</p> <p>Date: /05/22 Signed: _____</p>	<p>28 Incorporate an extra 20-30 minutes of movement into your day today. Bonus if it's outside.</p> <p>Date: /05/22 Signed: _____</p>	<p>29 Take a break from technology. Put your phone outside the room at bedtime.</p> <p>Date: /05/22 Signed: _____</p>

All tasks to be completed and Signed-off between **May 1st** and **May 31st, 2022**.
Tasks can be completed on **any day during the month**.
More than 1 task can be completed in a day.
10 completed forms will be drawn at random with those members receiving a FREE hot drink voucher from the Cafe.