

AUGUST

Bite Size: Wellness Calendar



SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Practice 10 minutes of meditation or deep breathing.	2 Try a new healthy recipe and share it with a friend.
3 Take a 30-minute walk in nature.	4 Write down three things you are grateful for.	5 Join a new workout class or try an online fitness video.	6 Reach out to a friend for a catch-up chat or virtual hangout.	7 Dedicate time to a relaxing activity like reading or a warm bath.	8 Set a personal goal for the week and plan steps to achieve it.	9 Declutter a space in your home for a fresh start.
10 Spend time journaling your thoughts and feelings.	11 Practice positive affirmations to boost your confidence.	12 Engage in a hobby you love or try something new.	13 Volunteer or help someone in your community.	14 Unplug from technology for a few hours and enjoy some quiet time.	15 Attend a yoga or mindfulness class.	16 Meal prep healthy snacks for the week ahead.
17 Take a day to focus on hydration; drink plenty of water.	18 Write a letter to your future self with your hopes and dreams.	19 Go for a bike ride or hike with friends.	20 Organize a game night with friends or family.	21 Spend time doing a creative activity like painting or crafting.	22 Reflect on your progress so far this month and adjust your goals.	23 Try a new exercise routine or sport.
24 Spend time in nature, whether it's a park or a garden.	25 Connect with a mentor or someone who inspires you.	26 Watch a funny movie or listen to a comedy podcast.	27 Host a potluck dinner with friends.	28 Write down your achievements from the month and celebrate them.	29 Practice mindfulness during daily activities, like eating or walking.	30 Experiment with a new smoothie or juice recipe.
31 Review your month, noting what worked and what you'd like to improve.						

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Wellness Calendar:
To support your
mental,
physical, and
emotional well-being:



Dr. Fatmata Daramy Barlatt
Family & Obesity
Medicine Physician

This Month's Wellness Calendar.

Comment Wellness for a free printable copy of this calendar.

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