

We present you, the 21 days of wellbeing challenge, to help you to spring into action, and prioritise your health & wellbeing for sustainable lifestyle change!

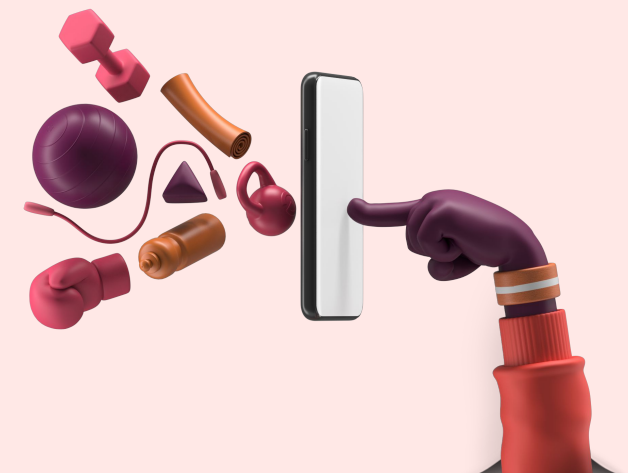
We included our suggestions, but please **feel free to make this wellbeing calendar your own!** Either way, all apps mentioned are available on the FREE plan, for Co-op colleagues.

What do you need to do?

Step 1. Print this calendar or download it

Step 2. To edit the calendar, simply click inside the areas you want to change

Step 3. Tick off each day as you go to make sure you're on track!

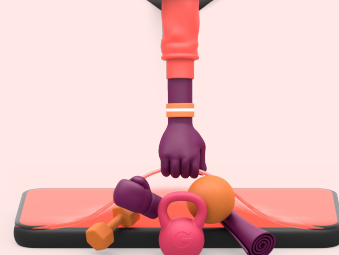


Gympass' 21-day challenge!

































Want to introduce wellbeing but don't know where to start? This one's for you.

The challenge: Do something positive for yourself (and others) every day for 21 days!

Tick it off as you go! Download or print the calendar off at home and keep track of your wellbeing journey



If you see a **G** it's available on Gympass. From workouts to therapy and everything in between, Gympass helps you feel good — mind, body, and mood.

1 Ease into the week with a brisk 2km walk . Aim for under 30 minutes & embrace nature!  	2 Take your first meditation with Wellness Coach for a calm & collected start to your day.  	3 Half way through the week let's stretch . Start the morning right with a wellness app via Gympass 	4 Reach out - Call a friend or family member. We all have mental health and we all could use a nice phone call. Go on! 	5 It's Friday, let's cook . Get the whole family involved with a healthy fakeaway recipe from Nootric.  	6 MOVIE NIGHT! Settle in for a movie tonight with the whole house. Yes, you deserve it. 	7 Baking time. Rally in the troops, it's the great Gympass bake off. Tag us with your creations @gympass_UK 
8 Walking Meditation with Wellness Coach. Take the kids or <i>take time for you</i> .  	9 It's HIIT Time! Break a sweat with the whole family, with Sworkit.  	10 How about a 1-1 financial planning session? Get a handle on all your accounts through Mobilliss.  	11 Ever tried Yoga ? Ease your body into relaxation with 15 min Yoga for beginners Wellness Coach  	12 Immerse yourselves in the great outdoors and go bird watching this lunchtime! Wholesome & calming. 	13 Perspiration Nation! Grab your family for a HIIT session with Sworkit.  	14 Rest day: 7 days to go!! Run a hot bath or take a steamy shower & snuggle down with a book. 
15 Get your heart pumping with a 5km jog or walk. Long strides & deep breaths! 	16 Settle down for a movie on a weeknight; enjoy each other's presence. 	17 Try something new this Wednesday: Pilates! Put your body to work without the panting with Sworkit or Wellness Coach.   	18 Indulgent yet healthy dessert? On a Thursday? Go for gold with healthy brownies on Nootric.  	19 Walk it out! Try another walking meditation from Wellness Coach to unwind your mind.  	20 Let's walk . There are SO many benefits to moving. Take the whole house for a long walk - rain/hail or sunshine! 	21 Family cook off. Prep for the week or enjoy a Sunday feast. Try Nootric with Gympass. 