



SCORECARD

1. Smell Orange Peel	2. Lavender Oil	3. Flossy Day	4. No screens with Food	5. Listen to Graceland
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6. Eye Health	7. Down Dog	8. Stairs Day	9. Herbal Tea	10. Pzizz App
11. Read hard copy	12. Best sleep set up	13. Clean your joggers	14. Watch Cathy's run	15. Add pink Salt
16. Steam veggies/ Oil	17. Green food galore	18. No booze day	19. More exercise day	20. Sit properly
21. Get up earlier	22. Water + lemon	23. Seel training partner	24. Phone a friend	25. Probiotic day
26. Music playlist	27. Add ginger	28. Coconut brushing	29. Eat before you shop	30. Life is Beautiful