

# Be Kind to Your Body

# JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <b>Physical:</b> Drink 8 Cups of Water. <b>Mental:</b> Write down 3 things you're thankful for. <b>Intellectual:</b> Read out of a book for 20 mins. <b>Social/Emotional:</b> Do an act of service.	2 <b>Physical:</b> Drink 8 Cups of Water. <b>Mental:</b> Write down 3 things you're thankful for. <b>Intellectual:</b> Read out of a book for 20 mins. <b>Social/Emotional:</b> Do an act of service.	3 <b>Physical:</b> Drink 8 Cups of Water. <b>Mental:</b> Write down 3 things you're thankful for. <b>Intellectual:</b> Read out of a book for 20 mins. <b>Social/Emotional:</b> Do an act of service.	4 <b>Physical:</b> Drink 8 Cups of Water. <b>Mental:</b> Write down 3 things you're thankful for. <b>Intellectual:</b> Read out of a book for 20 mins. <b>Social/Emotional:</b> Do an act of service.	5 <b>Physical:</b> Drink 8 Cups of Water. <b>Mental:</b> Write down 3 things you're thankful for. <b>Intellectual:</b> Read out of a book for 20 mins. <b>Social/Emotional:</b> Do an act of service.	6 <b>Physical:</b> Drink 8 Cups of Water. <b>Mental:</b> Write down 3 things you're thankful for. <b>Intellectual:</b> Read out of a book for 20 mins. <b>Social/Emotional:</b> Do an act of service.	7 <b>Physical:</b> Drink 8 Cups of Water. <b>Mental:</b> Write down 3 things you're thankful for. <b>Intellectual:</b> Read out of a book for 20 mins. <b>Social/Emotional:</b> Do an act of service.
8 <b>Physical:</b> Exercise for 30 mins. <b>Mental:</b> Say positive affirmations to yourself every morning. <b>Intellectual:</b> Read the news. <b>Social/Emotional:</b> Call/text a friend.	9 <b>Physical:</b> Exercise for 30 mins. <b>Mental:</b> Say positive affirmations to yourself every morning. <b>Intellectual:</b> Read the news. <b>Social/Emotional:</b> Call/text a friend.	10 <b>Physical:</b> Exercise for 30 mins. <b>Mental:</b> Say positive affirmations to yourself every morning. <b>Intellectual:</b> Read the news. <b>Social/Emotional:</b> Call/text a friend.	11 <b>Physical:</b> Exercise for 30 mins. <b>Mental:</b> Say positive affirmations to yourself every morning. <b>Intellectual:</b> Read the news. <b>Social/Emotional:</b> Call/text a friend.	12 <b>Physical:</b> Exercise for 30 mins. <b>Mental:</b> Say positive affirmations to yourself every morning. <b>Intellectual:</b> Read the news. <b>Social/Emotional:</b> Call/text a friend.	13 <b>Physical:</b> Exercise for 30 mins. <b>Mental:</b> Say positive affirmations to yourself every morning. <b>Intellectual:</b> Read the news. <b>Social/Emotional:</b> Call/text a friend.	14 <b>Physical:</b> Exercise for 30 mins. <b>Mental:</b> Say positive affirmations to yourself every morning. <b>Intellectual:</b> Read the news. <b>Social/Emotional:</b> Call/text a friend.
15 <b>Physical:</b> Eat 1 cup of fruits and vegetables at every meal. <b>Mental:</b> Do a relaxation exercise. <b>Intellectual:</b> Learn something new. <b>Social/Emotional:</b> Focus on the positive.	16 <b>Physical:</b> Eat 1 cup of fruits and vegetables at every meal. <b>Mental:</b> Do a relaxation exercise. <b>Intellectual:</b> Learn something new. <b>Social/Emotional:</b> Focus on the positive.	17 <b>Physical:</b> Eat 1 cup of fruits and vegetables at every meal. <b>Mental:</b> Do a relaxation exercise. <b>Intellectual:</b> Learn something new. <b>Social/Emotional:</b> Focus on the positive.	18 <b>Physical:</b> Eat 1 cup of fruits and vegetables at every meal. <b>Mental:</b> Do a relaxation exercise. <b>Intellectual:</b> Learn something new. <b>Social/Emotional:</b> Focus on the positive.	19 <b>Physical:</b> Eat 1 cup of fruits and vegetables at every meal. <b>Mental:</b> Do a relaxation exercise. <b>Intellectual:</b> Learn something new. <b>Social/Emotional:</b> Focus on the positive.	20 <b>Physical:</b> Eat 1 cup of fruits and vegetables at every meal. <b>Mental:</b> Do a relaxation exercise. <b>Intellectual:</b> Learn something new. <b>Social/Emotional:</b> Focus on the positive.	21 <b>Physical:</b> Eat 1 cup of fruits and vegetables at every meal. <b>Mental:</b> Do a relaxation exercise. <b>Intellectual:</b> Learn something new. <b>Social/Emotional:</b> Focus on the positive.

22	23	24	25	26	27	28
<b>Physical:</b> Get 7-9 hours of sleep. <b>Mental:</b> Practice deep breathing. <b>Intellectual:</b> Teach someone a skill that you have. <b>Social/Emotional:</b> Meditate and practice mindfulness.	<b>Physical:</b> Get 7-9 hours of sleep. <b>Mental:</b> Practice deep breathing. <b>Intellectual:</b> Teach someone a skill that you have. <b>Social/Emotional:</b> Meditate and practice mindfulness.	<b>Physical:</b> Get 7-9 hours of sleep. <b>Mental:</b> Practice deep breathing. <b>Intellectual:</b> Teach someone a skill that you have. <b>Social/Emotional:</b> Meditate and practice mindfulness.	<b>Physical:</b> Get 7-9 hours of sleep. <b>Mental:</b> Practice deep breathing. <b>Intellectual:</b> Teach someone a skill that you have. <b>Social/Emotional:</b> Meditate and practice mindfulness.	<b>Physical:</b> Get 7-9 hours of sleep. <b>Mental:</b> Practice deep breathing. <b>Intellectual:</b> Teach someone a skill that you have. <b>Social/Emotional:</b> Meditate and practice mindfulness.	<b>Physical:</b> Get 7-9 hours of sleep. <b>Mental:</b> Practice deep breathing. <b>Intellectual:</b> Teach someone a skill that you have. <b>Social/Emotional:</b> Meditate and practice mindfulness.	<b>Physical:</b> Get 7-9 hours of sleep. <b>Mental:</b> Practice deep breathing. <b>Intellectual:</b> Teach someone a skill that you have. <b>Social/Emotional:</b> Meditate and practice mindfulness.
29	30					
<b>Reflect on what goals you liked and apply them to your daily routine.</b>	<b>Write down your goals for the future and commit to doing them.</b>					

# HEALTH

**For the month of June, we decided to focus on 4 different areas of health: physical, mental, intellectual, and emotional/social.**

When you combine these areas of health, you will have a balanced lifestyle that will benefit all areas of your life.

You may choose to apply these goals however you wish. This calendar is designed to be a guide to what you CAN do, not necessarily what you HAVE to do. Follow @glowithkindness for resources and information. WE CAN DO THIS!

