DRY JULY 2023					KYOGLE COMMUNITY GYM			
()ne		To	od	7	tal	rif		
HABIT:				••••••				
SPECIFIC:								
MEASURABLE:								
ACHIEVABLE:								
RELEVANT:								
TIME-BOUND:								
WEEK BEGINNING	MON	TUE	WED	THU	FRI	SAT	SUN	
1 JULY								
3 JULY								
10 JULY								
17 JULY								
24 JULY								
31 JULY								

- · Drink a glass of water to start the day
- Enjoy 45 minutes of exercise
- · Get some fresh air
- Have a healthy breakfast
- Enjoy a warm morning drink
- Plan out your day in your planner
- Stretch your body
- Take regular breaks
- · Enjoy some sunshine
- Take hot/Cold bath or shower
- · Read something meaningful
- Play some invigorating music
- Disconnect
- Eat a healthy snack
- Wind down by avoiding bright light at night
- Get in bed before 10pm

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