

MAKE LIFE GOOD

52 week challenge

DONE	WEEK START	TASK	#makelifegood
<input type="checkbox"/>	JAN 8	01 / set an achievable goal for 2017	
<input type="checkbox"/>	JAN 15	02 / ride a bike	
<input type="checkbox"/>	JAN 22	03 / go for a walk and watch the sunset {with your family}	
<input type="checkbox"/>	JAN 29	04 / plan your lunches for the week and make them deliciously healthy	
<input type="checkbox"/>	FEB 5	05 / take ten minutes to connect with your family each day	
<input type="checkbox"/>	FEB 12	06 / make a date with a friend, partner or family member	
<input type="checkbox"/>	FEB 19	07 / go tech-free for a day	
<input type="checkbox"/>	FEB 26	08 / put your health first : book an eye check	
<input type="checkbox"/>	MAR 5	09 / eat at least 5 veggies a day	
<input type="checkbox"/>	MAR 12	10 / put your health first : get winter ready	
<input type="checkbox"/>	MAR 19	11 / start a gratitude journal	
<input type="checkbox"/>	MAR 26	12 / find an inspiring quote and stick it on your wall	
<input type="checkbox"/>	APR 2	13 / put your health first : get a health check	
<input type="checkbox"/>	APR 9	14 / check out your local farmers market	
<input type="checkbox"/>	APR 16	15 / give easter a healthy makeover	
<input type="checkbox"/>	APR 23	16 / volunteer your time to a good cause	
<input type="checkbox"/>	APR 30	17 / read a new book	
<input type="checkbox"/>	MAY 7	18 / do something with your team or tribe	
<input type="checkbox"/>	MAY 14	19 / take yourself on a date	
<input type="checkbox"/>	MAY 21	20 / do a random act of kindness	
<input type="checkbox"/>	MAY 28	21 / spend time out in nature	
<input type="checkbox"/>	JUN 4	22 / try a new hobby	
<input type="checkbox"/>	JUN 11	23 / batch cook for the week ahead	
<input type="checkbox"/>	JUN 18	24 / try a new exercise	
<input type="checkbox"/>	JUN 25	25 / take a break with your family or friends	
<input type="checkbox"/>	JUL 2	26 / get 7-9 hours sleep each night	
<input type="checkbox"/>	JUL 9	27 / book a getaway for some time in 2017	
<input type="checkbox"/>	JUL 16	28 / call someone you love and let them know you love them	
<input type="checkbox"/>	JUL 23	29 / enjoy some fun outside with your family	
<input type="checkbox"/>	JUL 30	30 / talk to your loved one about your wishes	
<input type="checkbox"/>	AUG 6	31 / break a bad habit	
<input type="checkbox"/>	AUG 13	32 / create a fun playlist of your favourite songs {listen while exercising}	
<input type="checkbox"/>	AUG 20	33 / put your health first : get a hearing check	
<input type="checkbox"/>	AUG 27	34 / practice positive thinking	
<input type="checkbox"/>	SEPT 3	35 / explore somewhere local you've never been before as a family	
<input type="checkbox"/>	SEPT 10	36 / check in : ask someone if they're OK	
<input type="checkbox"/>	SEPT 17	37 / spring clean a room in your home	
<input type="checkbox"/>	SEPT 24	38 / clear your cupboard of unnecessary salty foods	
<input type="checkbox"/>	OCT 1	39 / be breast aware	
<input type="checkbox"/>	OCT 8	40 / put your health first : get a dental check-up	
<input type="checkbox"/>	OCT 15	41 / write 5 thank you cards for people you love	
<input type="checkbox"/>	OCT 22	42 / spring clean your first aid kit	
<input type="checkbox"/>	OCT 29	43 / spring clean your pantry and make healthier choices	
<input type="checkbox"/>	NOV 5	44 / reach out and chat to an elder in your life	
<input type="checkbox"/>	NOV 12	45 / reduce the sugar you eat : try a new recipe	
<input type="checkbox"/>	NOV 19	46 / family check-up : organise any family health appointments	
<input type="checkbox"/>	NOV 26	47 / plan healthy, thoughtful Christmas gifts for loved ones	
<input type="checkbox"/>	DEC 3	48 / try a new Christmas recipe	
<input type="checkbox"/>	DEC 10	49 / try a new local eatery	
<input type="checkbox"/>	DEC 17	50 / dance like no one is watching	
<input type="checkbox"/>	DEC 24	51 / give to someone in need	
<input type="checkbox"/>	DEC 31	52 / write a list of everything you've achieved in 2017	