



# Kickstart your new year in a positive way.

Mental fitness Monday	Try it Tuesday	Wellbeing Wednesday	Test yourself Thursday	Physical Friday	Social Saturday	Still going Sunday
1.	2.	3.	4.	5.	6.	7.
8.	9.	10.	11.	12.	13.	14.
15.	16.	17.	18.	19.	20.	21.
22.	23.	24.	25.	26.	27.	28.

Reg charity no. 256789

Tick off each day and make a note of the activity you've done.

*Thank you. Because of you, patients and families will benefit from hospice care when they need it most.*

[www.stbh.org.uk/fitfeb](http://www.stbh.org.uk/fitfeb) #FitFeb

