

6 weeks to your best self

Are you ready to start 2020 with a bit of balance? Each week tick off the activities that you complete to help you do just that. Follow Graham's the Family Dairy on social for extra tips, activities and motivation. And, because life's better together, grab a #BalanceMe Buddy to keep each other going, and share how you're finding the programme online using our hashtag #BalanceMe. Get ready to get mindful, get physical and get together for a more balanced 2020.



Week 1 Get Mindful

This week is about being conscious of your thoughts and choices.

- Meditate, do yoga, or go for a walk in nature at least three times this week.
- Be mindful of what you eat, try a fuller for longer lunch option like cottage cheese.
- Bullet journal your thoughts, emotions & goals.



Week 2 Get Physical

Grab your #BalanceMe Buddy - it's time to get active! Tag them on social to keep them motivated.

- Do an activity with you #BalanceMe Buddy.
- Go for a hike or urban adventure, don't forget to have a high protein breakfast before you go.
- Walk 10k steps a day on more than four days.



Week 3 Get Together

We're social creatures, and so it's time enjoy a catch up with some loved ones.

- Grab some friends or family for a social get together.
- Try Mrs Graham's healthy Quark Moussaka recipe.
- Call a friend for a catch up.



Week 4 Get Mindful

This week we get acquainted with our gut. Hello gut!

- Give your gut some goodness by adding good gut bacteria kefir to your routine.
- Eat more fibre.
- Take a yoga class with your #BalanceMe Buddy.



Week 5 Get Physical

High five for week five! We're off to get some gains this week.

- Push yourself to a personal best, or try a new activity.
- Get your post-workout protein hit.
- Do at least 75 min intense activity this week.



Week 6 Get Together

It's time for you and your #BalanceMe Buddy to celebrate a better you!

- Treat yourself with a low cal ice-cream hit!
- Enjoy a movie night with your #BalanceMe Buddy.
- Share your #BalanceMe wins with us on social.