



Self Care Week

18 - 24 NOV 2019



Make One Change Pledges	Number
Spend time with family and friends	
Walk briskly to work or school	
Screen free evening for the whole family	
Go to the gym	
Go for a walk with friends or family	
Alcohol and caffeine free day	
Swap sugary/fizzy drinks for water	
Smoke free day	
Fast food free day	
Take the family swimming	
Fresh fruit for dessert	
Social media free day	
Other (please state)	

“Think Self Care for Life”