

WORLD KINDNESS DAY

World Kindness Day is a global celebration day each year on November 13th that promotes the importance of being kind to each other, to yourself, and to the world. Make a point of performing one kindness activity on November 13th to honor the day.

Be sure to continue logging your past resolutions!

Week of 11/4						
Day	Exercise	Sleep	Sugar	Water	F&V	Breathing
Mon						
Tues						
Wed						
Thur						
Fri						
Sat						
Sun						