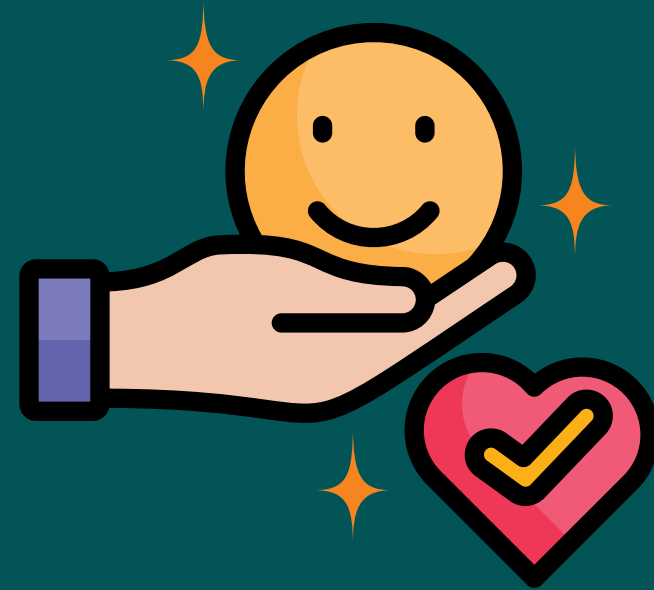




HEALTHY CHALLENGES CALENDAR



Healthy body, healthy mind project

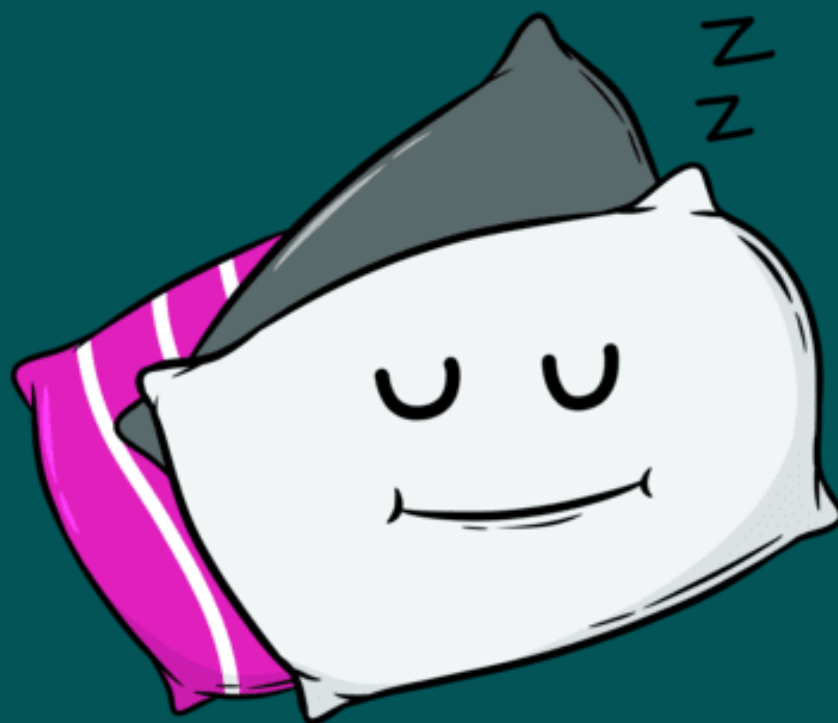




1



SLEEP 8 HOURS A DAY



Diana SP 1 Bratkowice



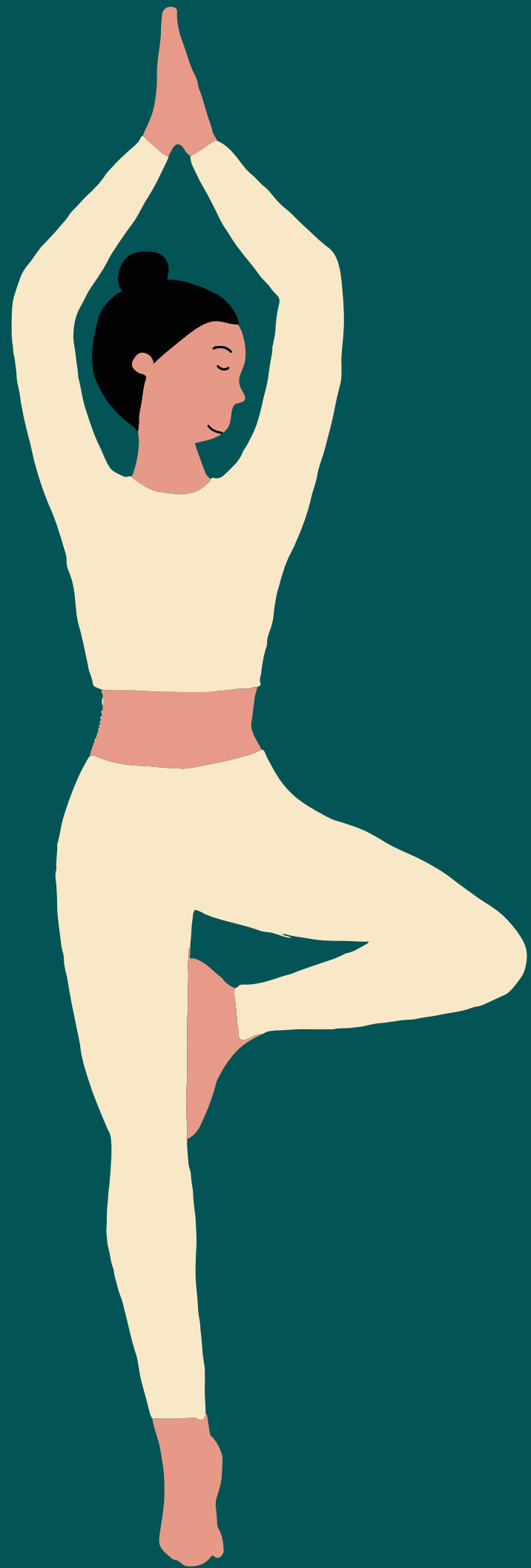
GO FOR A WALK



EAT A LOT OF
VEGETABLES



SP MRZYGŁÓD



EXERCISE FOR 15 MINUTES

SP2 Puławy

DRINK 2 LITRES OF WATER

SP2 Puławy



DO SPORTS



SP1 Bratkowice



READ 1 CHAPTER
OF A BOOK TO RELAX.





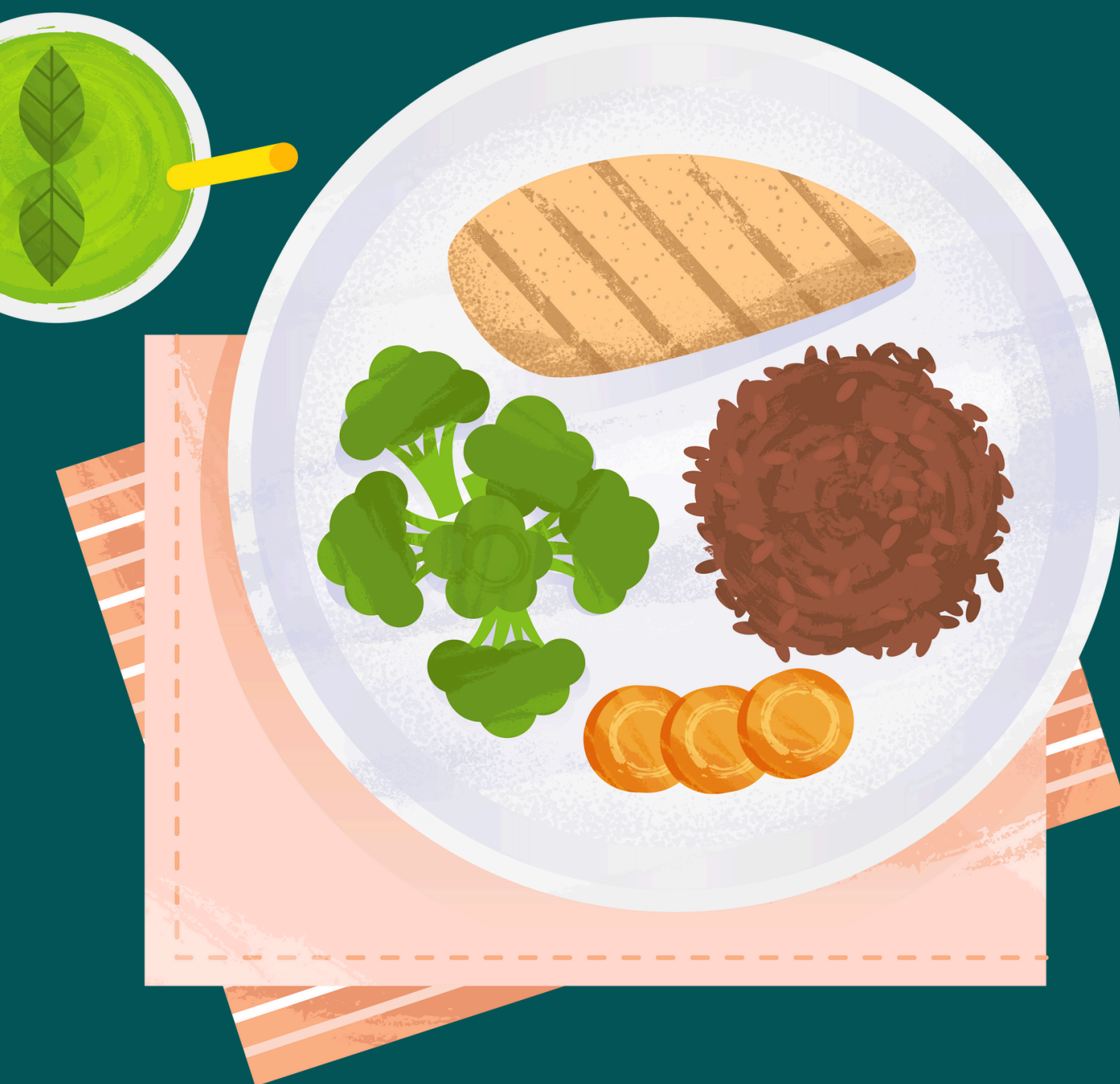
GO OUTDOORS
FOR 20 MINUTES.

ZS Wysoka Głogowska



EAT 1 FRUIT
OR VEGETABLE.





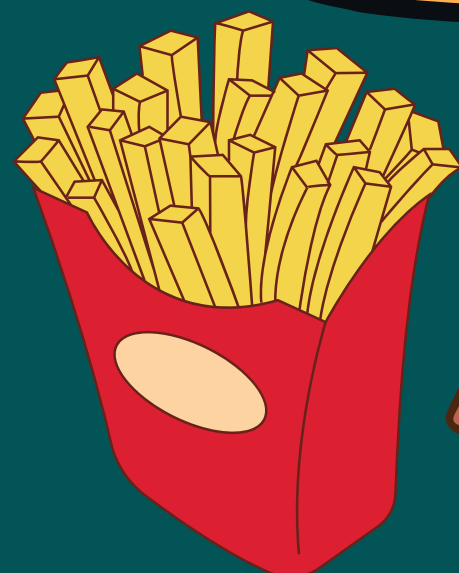
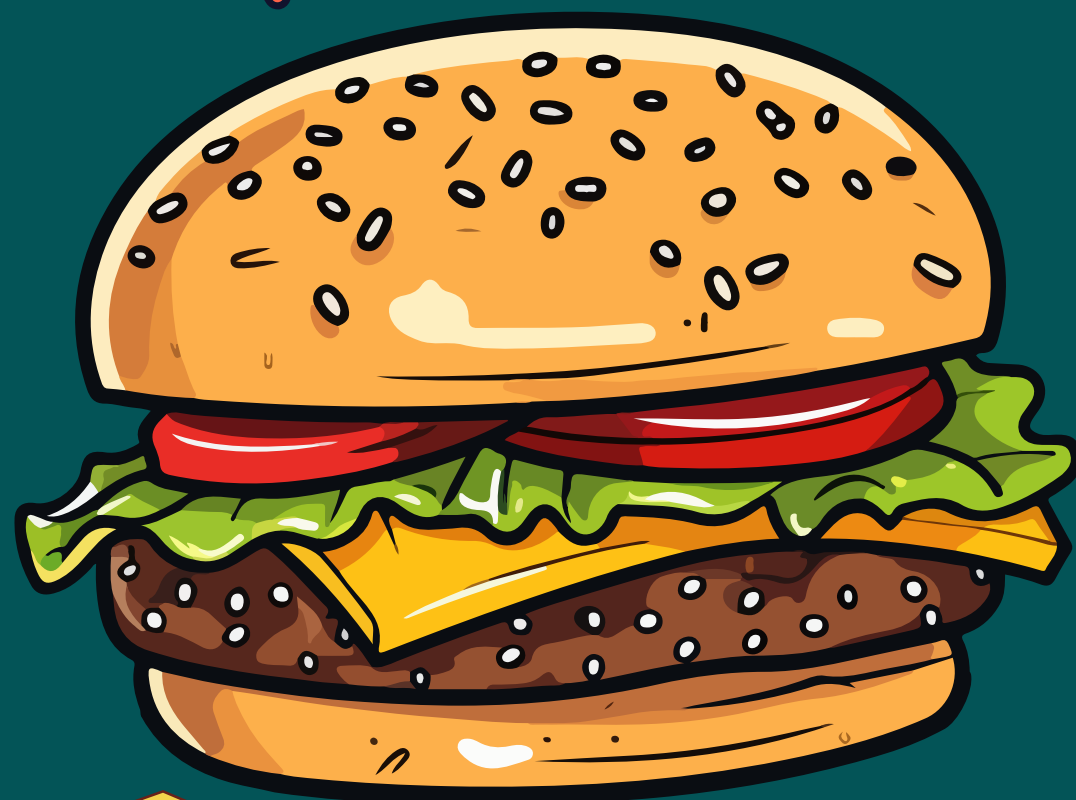
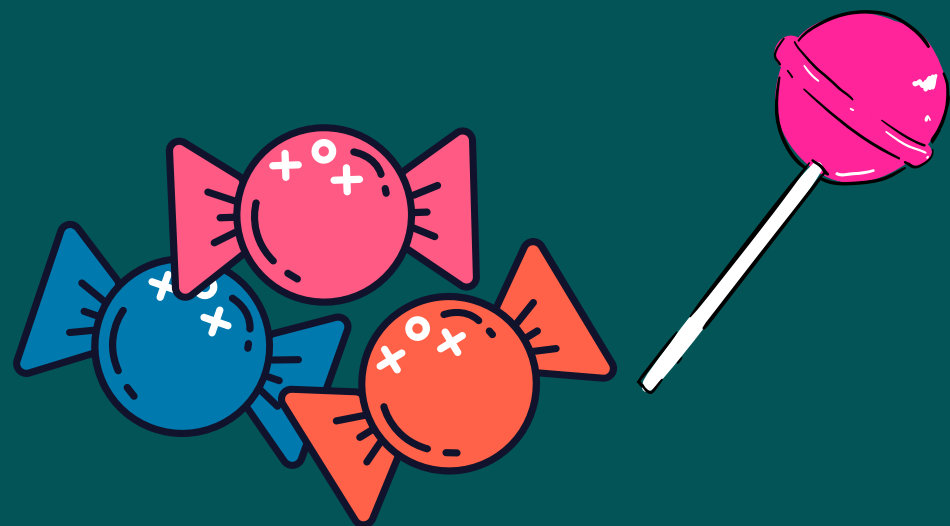
!

!

Don't eat too much

SP3 Świdnik

Don't eat unhealthy food



SP
MRZYGŁÓD





Drink a lot of warm water



SP3 Świdnik



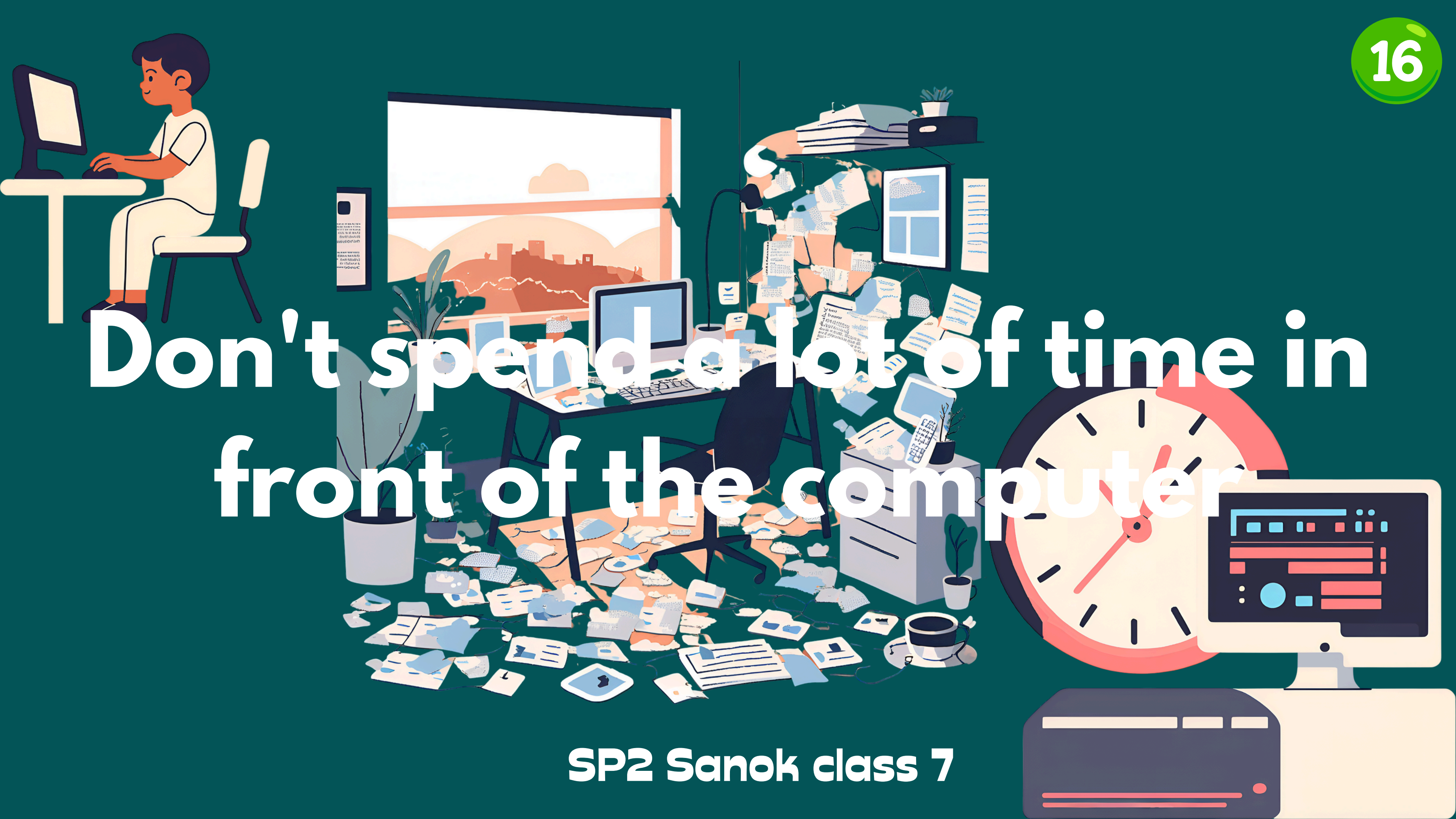
Be kind





Smile



An illustration of a cluttered office environment. On the left, a person is sitting at a desk, working on a computer. The desk is covered with papers, a keyboard, and a mouse. In the background, there is a large window showing a cityscape. To the right, there is a large clock with a red border, a server rack, and a coffee cup. The floor is covered with many papers and documents. The overall scene suggests a busy, disorganized workspace.

Don't spend a lot of time in
front of the computer



Discover your new passions



FEBRUARY 14

NO
POSITIVE THOUGHTS HELP US
US FEEL HAPPY."
ED

VALENTINE'S DAY
SP 11 Rzeszow

GLOW

Wear your favourite clothes

SP 11 RZESZOW

Meet with your friends

SP Kostarowce



Go for a trip

SP Kostarowce

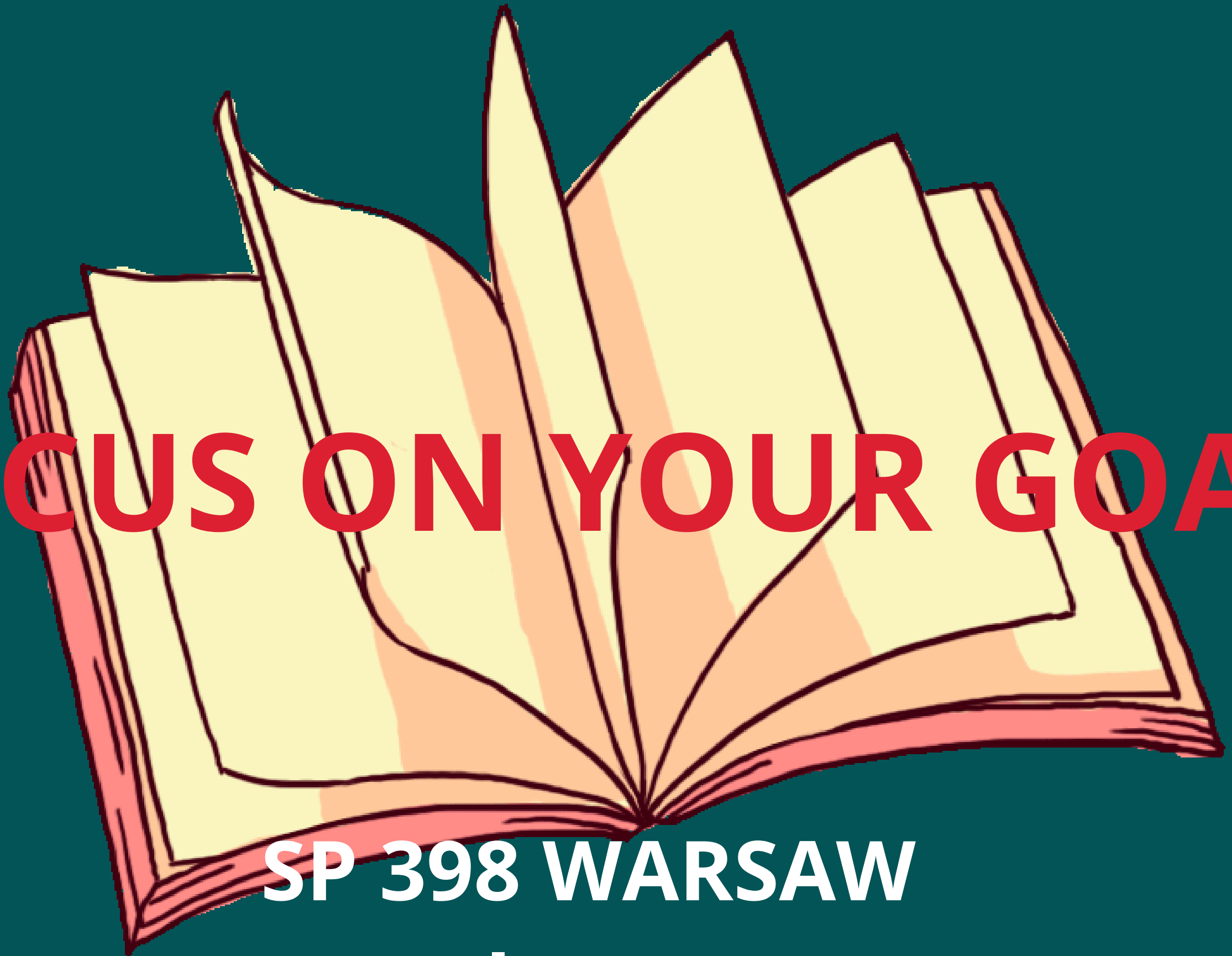
TRY A NEW HEALTHY RECIPE



Avoid SUGAR AND SWEETS



S/P2 Ganok class 6



FOCUS ON YOUR GOALS

SP 398 WARSAW

class 7



Eat **5 BALANCE MEALS** in a
day





Hug your friends

SP3 Swidnik

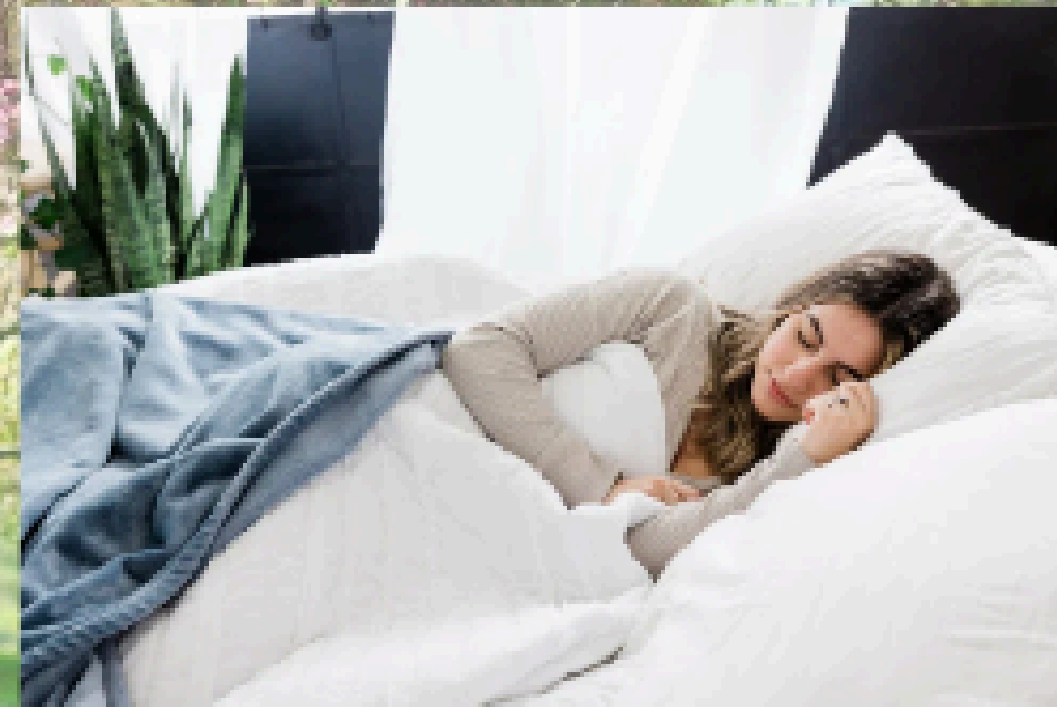
Drink more water.

27



Sleep more than 7 hours.

28



*Listen to
some relaxing music*

Talk to
your best friend

Best
Friends



ZS Wysoka Głogowska

Smile to
yourself



ZS Wysoka Głogowska