

# NO JUNK JANUARY

MONDAY 1ST	TUESDAY 2ND	WEDNESDAY 3RD	THURSDAY 4TH	FRIDAY 5TH	SATURDAY 6TH	SUNDAY 7TH
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MONDAY 8TH	TUESDAY 9TH	WEDNESDAY 10TH	THURSDAY 11TH	FRIDAY 12TH	SATURDAY 13TH	SUNDAY 14TH
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MONDAY 15TH	TUESDAY 16TH	WEDNESDAY 17TH	THURSDAY 18TH	FRIDAY 19TH	SATURDAY 20TH	SUNDAY 21ST
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MONDAY 22ND	TUESDAY 23RD	WEDNESDAY 24TH	THURSDAY 25TH	FRIDAY 26TH	SATURDAY 27TH	SUNDAY 28TH
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MONDAY 29TH	TUESDAY 30TH	WEDNESDAY 31ST	FOODS TO AVOID...			
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>SWEETS</b>	<b>FIZZY DRINKS</b>	<b>CAKE</b>	
			<b>CUPCAKES</b>	<b>DOUGHNUTS</b>	<b>ICE CREAM</b>	
			<b>CHOCOLATE</b>	<b>BISCUITS</b>	<b>CRISPS</b>	

Let's get 2024 started in the best way possible by giving up a few things that we all probably enjoyed quite a bit over the festive period. Try to give up 2-3 items from the 'foods to avoid' list each day and write it in the relevant date box. Don't worry - it's not a disaster if you miss a day...we're all human!

Try to include some exercise into each day, take some time to relax and remember to drink plenty of water. You'll be glad you did!

Good luck!

