

Carers Week Challenge 12-18 June 2017

Thank you for choosing to support VOCAL by taking on your own personal challenge. Looking for inspiration? Take a look at our suggestions below.

<ul style="list-style-type: none"> ✓ Walk 10,000 steps a day ✓ Eat your 5-a-day ✓ Learn one new fact a day ✓ Speak with a friend everyday ✓ Stay off social media for a week ✓ Take the stairs everyday ✓ Walk or cycle to work everyday ✓ Make 'me time' everyday ✓ Go jogging once a day ✓ Give up chocolate for a week 	<ul style="list-style-type: none"> ✓ Cook one homemade meal a day ✓ Eat breakfast at home every morning ✓ Draw or paint a picture once a day ✓ Sing in the shower every morning ✓ Keep a week-long journal ✓ Drink 8 glasses of water a day ✓ Take a photograph everyday ✓ No snacking between meals for a week ✓ Online shopping ban for 7 days
<ul style="list-style-type: none"> ✓ Give up your favourite food for 7 days ✓ Go diary-free for 7 days ✓ Go vegan for a week ✓ Go vegetarian for a week ✓ Give up alcohol for a week ✓ Write a handwritten letter or send a postcard a day to old friends ✓ Stop smoking for 7 days ✓ Read a chapter of your book everyday ✓ Do 30 minutes of exercise a day ✓ Learn a new hobby for a week ✓ Write down 3 good things that happened during the week ✓ Join a club for a week ✓ Play a musical instrument for 10 minutes a day 	<ul style="list-style-type: none"> ✓ Recycle for a week ✓ Give up TV for a week ✓ Give up caffeine for 7 days ✓ Donate or toss one item a day ✓ Speak to someone new everyday ✓ Start a blog and write an entry for 7 days ✓ Listen to a podcast every day for 7 days ✓ Listen to a chapter of an audio book everyday for 7 days ✓ Get 7 hours sleep a night for 7 days ✓ Learn one new foreign word a day ✓ Complete a puzzle a day ✓ Mediate once a day ✓ Do a random act of kindness everyday