

# One Small Thing

The four-week challenge  
for your health



## Week One

Watch a sunrise or sunset tomorrow  
Call a family member or a friend  
Get up and move for two minutes

Go outside for 10 minutes  
Read one chapter from a book

## Week Two

Find the nearest window and  
soak up some sunshine  
Turn on your favorite song and  
dance or sing to it

Put your phone down for 15 minutes  
Think of a funny memory  
Hydrate before you caffeinate

## Week Three

Eat your next meal without a screen  
Pause what you're doing and  
stretch for five minutes  
Take the scenic route

Write down one thing you're  
grateful for  
Take five deep breaths before  
moving on with your day

## Week Four

Go for a walk after dinner tonight  
Declutter a drawer  
Try a new fruit or veggie

Send a quick text to someone  
you appreciate  
Take five minutes for yourself