



31-DAY WELLNESS CALENDAR (AUGUST)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 A new month means new goals. Here's how to set goals and stick to them ▶
2 Here's how to bring your dream holiday home ▶	3 Begin a new week with a walk	4 Draw or paint a picture, take inspiration from your home or garden	5 What are you most looking forward to as lockdown begins to ease? ▶	6 How many of these superfoods can you introduce into your diet? ▶	7 Try these photography tips for picture perfect photographs ▶	8 Call a friend or family member
9 Enjoy Afternoon tea at home ▶	10 Test your general knowledge with our trivia quiz ▶	11 Relax with a jigsaw puzzle or a board game	12 Tonight is the perfect night to try and view the Perseids meteor shower ▶	13 Toast the summer with a cocktail. Try the English 77 ▶	14 Try an online fitness class	15 Saturday calls for our lemon meringue pie recipe ▶
16 How many of these English wine facts do you know? ▶	17 Have you read any of these recommended books? ▶	18 Have you visited any the happiest places to live in Britain? ▶	19 This strawberry, watermelon and mint smoothie is a must-try ▶	20 How many of these July daily delights did you try? ▶	21 Can you guess any of these UK city anagrams? ▶	22 Pack your favourite food and drink and go out for a picnic ▶
23 Visit a local 'pick your own' farm	24 Have you tried this super simple Victoria Sponge recipe? ▶	25 How many destinations can you correctly identify in our quiz? ▶	26 Try these physio tips ▶	27 Listen to some music you haven't heard for a while	28 You won't be able to resist this secret chocolate cake recipe ▶	29 Plan a night in with a film or watch something new on Netflix
30 Listen to a new podcast. Here's our how to guide to get started ▶	31 Bank Holiday Monday calls for a BBQ!					

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