Drink a glass of water before school	Run for 15 minutes 3 times in one week (this is the same as The Daily Mile™!)	Swap a fizzy drink or juice with a glass of water	Fit some activity into your journey to school	Limit your screen time before bed, this will help you sleep better!
Run your Daily Mile with a friend or your teacher	Try a fruit or vegetable you haven't eaten before	Complete 60 minutes of activity in a day	Count how many steps you can take in an hour	Speak to someone you haven't spoken to yet today
Take a mindful moment	Try a new sport or activity you haven't done before	Do something outdoors on the weekend	Say something nice to one of your classmates	As a class, have a 'get up and move' break