

SUN

MON

TUE

WED

THU

FRI

SAT

January 2019

1 Resolve to quit dieting & instead, treat your body with kindness & respect.

2 Throw out the bathroom scales!

3 Engage a non-diet practitioner to support you on your journey.

4 Write a list of positive affirmations to read to yourself each day.

5 Delete all calorie-counting apps on your devices.

6 Compile a list of non-appearance ways of measuring your worth.

7 Unfollow/unlike all pages/people promoting unhealthy messages.

8 Fill your social media feeds with healthy messages by following pages that promote body acceptance.

9 Try a new form of physical activity that promotes enjoyment in movement rather than "burning calories".

10 Engage a support buddy for moral support.

11 Practice a Loving Kindness meditation.

12 Do a wardrobe spring clean & throw out all the clothes that no longer fit.

13 Share this calendar & encourage others to join you on the no-diet revolution.

14 Purchase some well-fitting clothes that you feel good in.

15 Compile a list of everything dieting has robbed you off & all the reasons to quit it for good.

16 Cook yourself one of your favourite meals & enjoy by candlelight.

17 Write empowering messages for yourself on your bathroom mirror with whiteboard pen.

18 Give yourself a loving massage with a scented oil or cream.

19 Clear out all diet foods, supplements & other products.

20 Write a compassionate letter to your body.

21 Ask your workplace to adopt a "no diet talk" lunch room.

22 Write a list of all you can achieve with the time & energy wasted on dieting.

23 Be kind to & patient with yourself; progress takes time & isn't easy.

24 Post a social media post/blog describing why you've quit dieting.

25 Make a plan to reintroduce any "forbidden" foods back into your diet.

26 Commit an act of kindness for another person.

27 Brainstorm assertive responses to unhelpful comments about food, eating, weight/shape.

28 Ask 5 of your closest friends to describe why they choose to have you as a friend.

29 Make a playlist of non-dieting & recovery podcasts to listen to.

30 Treat yourself to a massage, facial, or pedicure.

31 Spend some time reflecting on your last month & setting your intention for the next one.