

HAVE A HEALTHY HAPPY DAY!



7:00 AM
Wake up & stretch!



7:10 AM
Hug your parents
& smile



7:30 AM
Healthy breakfast
with fruits



8:00 AM
Start your classes



12:00 PM
Healthy lunch with
veggies



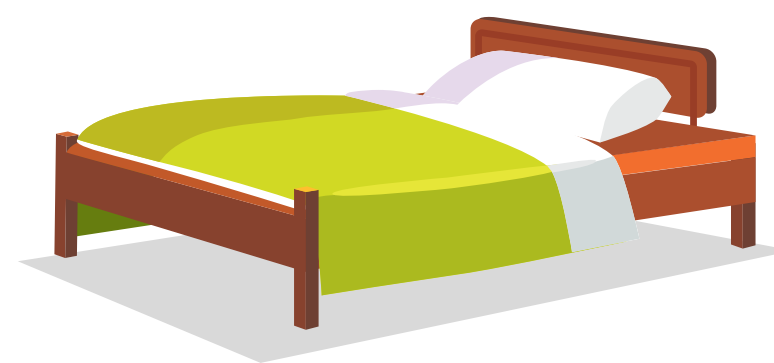
3:00 PM
Have a quick walk
outside



4:30 PM
Healthy snack
with yogurt



7:00 PM
Warm, relaxing
shower



8:00 PM
Quick stretch
before bedtime

**WHAT'S
YOUR 30?**
30 MINUTES. 30 DAYS.



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