

# JANUARY

## GLUTEN FREE YEAR WITH CORAL

SUN	MON	TUE	WED	THU	FRI	SAT
					Challenge: Gluten Free Your Mind 1	2
Challenge: Write your feelings about being GF 3	4	5	Connect: Share a time when you felt strong 6	7	8	Celebrate! Game night with cookies 9
Challenge: Create GF affirmations 10	11	12	Connect: Share an affirmation 13	14	15	Celebrate! Popcorn and a Movie 16
Challenge: Discover your "why" 17	18	19	Connect: Share a photo of your "why" 20	21	22	Celebrate! Make homemade pizza 23
Challenge: Prepare for overwhelm 24	25	26	Connect: Share a coping skill you love 27	28	29	Celebrate! Hot cocoa and a book 30
Challenge: Find the good 31						