

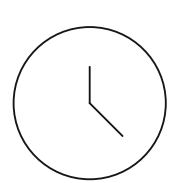
# Brighter Each Day Challenge

## Week 2

Jan 8th - 14th

This week we gain  
**9 minutes** of daylight

Sunday 8th

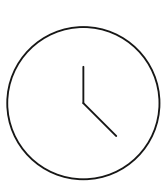


**Sunrise:** 08:04  
**Sunset:** 16:09

### Time

💡 Give yourself longer to get ready in the morning. Use the extra time to set your day up right, whether that's indulging in a morning bath or doing some yoga.

Monday 9th

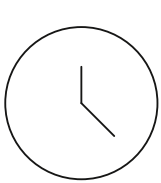


**Sunrise:** 08:04  
**Sunset:** 16:10

### Stretch

💡 If you spend a lot of time sitting for work, a good stretch routine like an online yoga sesh will help protect your spine and back health.

Tuesday 10th

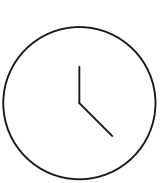


**Sunrise:** 08:03  
**Sunset:** 16:12

### Paint

💡 Two words : Bob. Ross. His painting tutorials are sweet, easy and make you feel like the true artist that you already are.

Wednesday 11th

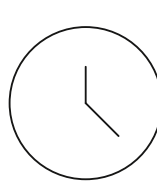


**Sunrise:** 08:03  
**Sunset:** 16:13

### Grow

💡 Want more plants? For free? It's time to propagate! Whether you do it from existing plants from your home or from friends, it's a fun way to expand your plant collection.

Thursday 12th



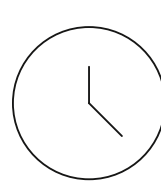
**Sunrise:** 08:02  
**Sunset:** 16:15

### Give

💡 Go out of your way for someone today. Studies show acts of kindness improve optimism, confidence and happiness.

Citation: Biennial Scientific Report on Health, Happiness, Longevity, and Helping Others. Int J Pers Cent Med. 2014

Friday 13th



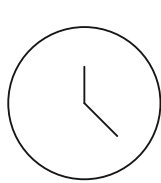
**Sunrise:** 08:01  
**Sunset:** 16:16

### Strong

💡 Smart strength training can help keep back pain at bay by increasing the range of motion in your spine and building muscle. Try YouTube for free beginner bodyweight workouts.

Citation: Dreisinger TE. Exercise in the management of chronic back pain. Ochsner J. 2014;14(1):101–107

Saturday 14th



**Sunrise:** 08:01  
**Sunset:** 16:18

### Cosy

💡 Commit to cosyness: bring the duvet to the sofa, put a fireplace on the TV, play a peaceful soundtrack, and relax. Send us pics of your setup @urbanapp