

CHECKLIST

Going up... and going down



BLOOD DONATING

The new speed dating (just see Cecelia Ahern's latest book *Thanks For The Memories*).

MALLERCISE

Jogging and power-walking through shopping malls - so much better than the gym! Get fit and suss out this week's hot buy.



EXBOYFRIEND JEWELRY.COM

So brilliant. We need an Oz version.

FRINGES

We're loving that they're back (and not just 'cos they hide the frown lines).

BRIDGE

It's hotter than poker (well, it should be).

CRUZ BECKHAM

Too, too cute.

OLD GOLD RELAUNCH

New packaging - whatever. Six huge blocks of choccie sent to us - excellent.

