

# January 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 EAT THREE (OR MORE) SERVINGS OF FRUIT OR BERRIES	2 EAT A SERVING OF PROTEIN (A PALM-SIZE OR 20-30 GRAMS)	3 ADD A VEGETABLE TO BREAKFAST	4 GO FOR A 15-20 MINUTE FAST-PACED WALK
5 DO SOME MEAL PREP OR BATCH COOKING FOR THE WEEK	6 GO TO BED 15 MINUTES EARLIER THAN USUAL	7 WALK UP A FLIGHT OF STAIRS OR WALK UP A HILL	8 DRINK HALF YOUR BODY WEIGHT IN OUNCES OF WATER (ADJUST AS NEEDED)	9 DO 15 MINUTES OF BODY WEIGHT EXERCISES*	10 ADD A VEGETABLE TO BREAKFAST & DINNER	11 GO FOR A 20-25 MINUTE FAST-PACED WALK
12 SPEND 15 MINUTES PLANNING YOUR MEALS FOR THE WEEK	13 WRITE FIVE THINGS ARE GRATEFUL FOR	14 PARK IN THE FARTHEST AWAY SPOT IN THE PARKING LOT	15 REPLACE ALL CALORIC DRINKS WITH WATER	16 EAT A SERVING OF PROTEIN (A PALM-SIZE OR 20-30 GRAMS) WITH EACH MEAL	17 EAT ONE MEAL SLOWLY, PUT DOWN FORK BETWEEN BITES	18 GO FOR 20-30 MINUTE FAST-PACED WALK OR RUN/WALK INTERVAL
19 SPEND 15 MINUTES PLANNING YOUR EXERCISE FOR THE WEEK	20 DRINK A CUP OF WATER BEFORE EACH MEAL	21 DO 20 MINUTES OF BODY WEIGHT EXERCISES	22 REACH OUT TO THREE FRIENDS TO SAY WHY YOU ARE GRATEFUL FOR THEM	23 LIMIT ADDED SUGAR TO 25 GRAMS TODAY	24 STRETCH OR FOAM ROLL TIGHT MUSCLES FOR 10-15 MINUTES	25 DO SOMETHING ACTIVE OUTDOORS FOR 30 MINUTES
26 PLAN A WEEK'S WORTH OF HEALTHY SNACKS	27 EAT A SERVING OF VEGETABLES WITH EVERY MEAL	28 TURN OFF YOUR PHONE 30 MINUTES TO AN HOUR BEFORE BED	29 EAT A VEGETABLE YOU'VE NEVER TRIED (OR NOT IN A LONG WHILE)	30 EAT ALL YOUR MEALS SLOWLY, PUT DOWN FORK BETWEEN BITES	31 WRITE OUT YOUR GOALS FOR FEBRUARY	1
2	3	Notes *Body weight exercises ideas: squats, lunges, step ups, incline pushups, side lunges, planks, side planks, jumping jacks				