

JANUARY 2018

Everyday Healthy Living Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Add some extra Veggies or fruit to a meal today

2

Complete a 10 minute guided meditation to get ready for the week

3

Drink an additional 8oz of water today

4

TAKE THE STAIRS ONCE TODAY

5

Take a brisk 15 minute walk today

6

Try a new brightly colored fruit or veggie today

7

Spend time with a loved one today

8

Schedule an annual wellness visit with your PCP

9

TAKE 10 DEEP BREATHS TODAY

10

Bring a bottle of water with you today and sip on it to stay hydrated

11

Reduce your sugar, caffeine, or salt intake today

12

Have a healthy snacks like fruits, veggies, raw nuts, or 100% fruit juice

13

GET OUTSIDE TODAY

14

Spend time journaling today to organize your week

15

SCHEDULE AN ANNUAL DENTAL EXAM

16

Take your breaks today and try to get outside

17

TRY A NEW FRUIT TODAY

18

Practice good posture today

19

Take 5,000 steps today—get up and take a few steps and stretch every hour.

20

Eat a healthy breakfast

21

Create a healthy shopping list with at least one new veggie and one new fruit to try this week

22

Wash hands to stop the spread of germs

23

Don't skip any meals today

24

TRY A NEW VEGGIE DISH AT DINNER

25

Try 5-10 minutes of jumping jacks or stretching

26

Add fruit to your water today and drink an extra glass

27

Create and review your family safety plan and make changes if needed

28

Plan your week to include being active for at least 2 1/2 hours a week.

29

EAT A SALAD FOR LUNCH TODAY

30

Reflect on a successful month of making a healthy choice each day

31

EVERY DAY IS A FRESH START