



HEALTHY HABITS CHALLENGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Go for a walk	Eat 2 servings of veggies	Do 15 pushups	Meditate for 5 minutes	Read an interesting article on health/nutrition	Take the stairs	Do something fun that's physical!
Check-in on a friend	Get the heart rate up to cardio level	Park further away and walk	Stretch for 15 minutes	Drink more than 4 glasses of water	Compliment someone	Try a plant-based meal
Swap a dessert for some fruit	Do some gardening	Random act of kindness	Return your cart to the front of the store	Foam roll or get a massage	Try a 1 minute plank	Listen to some music or a podcast
Do something relaxing	Sleep for 8 hours	Remind yourself that you are beautiful	Do 5 sun salutations	Try a new fruit	Watch a sunrise or sunset	

