



Thirty Days of Healthier Habits

- Day #1 Commit to doing something every day for the next 30 days to improve your health. Log your weight today.
- Day #2 Drink a glass of water before every meal.
- Day #3 Journal today about your blessings. Continue drinking water.
- Day #4 Write yourself a letter of how you want to feel in 30 days. Continue drinking water.
- Day #5 Plan your meals and add a fruit or vegetable to every meal today.
- Day #6 Be confident today. You are talented! Keep drinking water.
- Day #7 Go for a 1-mile (or longer) nature walk.
- Day #8 Eat 3-5 servings of fruits and vegetables.
- Day #9 Eat an apple today instead of a sweet snack.
- Day #10 Try a healthy smoothie today. Keep drinking water.
- Day #11 Forgive and love yourself today. None is perfect. We all keep working towards our better self every day.
- Day #12 Go for a 1.5-mile (or longer) nature walk. Be thankful today for breathing.
- Day #13 Eat a healthy breakfast, like 1 cup of oatmeal, apple, and low carb juice or water.
- Day #14 Do 30 minutes of yoga.
- Day #15 Get 7-9 hours of sleep tonight.
- Day #16 Wake up 30 minutes earlier to avoid rushing in the morning.
- Day #17 Schedule an appointment to get a physical. Are you still drinking water before meals?
- Day #18 Go for a 2-mile (or longer) nature walk. Be grateful for all that you are blessed to enjoy in this life.
- Day #19 Drink a glass of green tea sweetened with Stevia.
- Day #20 Meditate or pray at least 10 minutes every morning.
- Day #21 Start a new book and read at least 15 minutes every day.
- Day #22 Skip the bread with your meals.
- Day #23 Take a multivitamin and take 1 daily.
- Day #24 Schedule an appointment with the Dentist.
- Day #25 Try a new exercise class or video. Are you still drinking water before your meals?
- Day #26 Cook dinner instead of eating out., e.g. baked chicken breast and 2 steamed vegetables.
- Day #27 Purchase a moisturizer with SPF and wear it daily.
- Day #28 Schedule a facial or massage for yourself.
- Day #29 Go for a 3-mile (or longer) nature walk.
- Day #30



Celebrate!

Reflect on your 30- day journey.