

# 2019 JANUARY

## Healthy Lifestyle Changes One Day At A Time



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Goal Setting</b> (S)PECIFIC (M)EASURABLE (A)CHIEVABLE (R)EALISTIC (T)IMELY		<b>1</b>  Make this a Happy New Year filled with self-care Be resilient!	<b>2</b>  Focus on changing habits not dieting! Awareness is key.	<b>3</b>  What are the cues causing an undesirable habit? Write it down.	<b>4</b>  Reduce stress by de-cluttering	<b>5</b>  to keep
<b>6</b> 	<b>7</b>  Try brown bagging your lunch at least 2x this week.	<b>8</b>  Stand up and move every hour.	<b>9</b>  Limit sugary beverages...that includes the sugar in your coffee	<b>10</b>  Thank a co-worker... and be specific	<b>11</b>  Write down at least 4 things you accomplished this week in line with your set goals.	<b>12</b> 
<b>13</b> 	<b>14</b>  Plan meals for the week	<b>15</b>  Start walking a minimum of 10 minutes 3x this week	<b>16</b>  Remember to drink water (half your weight in ounces)	<b>17</b>  Random Acts Of Kindness	<b>18</b>  Write down 3 things you are proud of today	<b>19</b> 
<b>20</b> 	<b>21</b> Get at least 7 hours of sleep each night this week (or day if on shift work)	<b>22</b> Write out a positive word or phrase and repeat it to yourself thru out the day	<b>23</b>  Increase your Vitamin C: Citrus, peppers, and veggies	<b>24</b>  Try a guided meditation today (Free Insight Timer app)	<b>25</b>  Are you getting enough fiber in your diet?	<b>26</b> 
<b>27</b> 	<b>28</b>  Make appointment for annual check ups	<b>29</b>  Add at least 5 minutes of stretching a day	<b>30</b> 	<b>31</b> Reflect on accomplishments this month!	 Way to go!	 What's ahead?  February Healthy Heart