

## **HEALTH & WELLNESS MONTHLY CHALLENGE**



My Goals for the Month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

January is the perfect opportunity to start working a new, healthier you! Small daily choices can have huge impacts on your life. In this new year, embrace healthy lifestyle change this month.

To help you build healthy habits, this easy-to-follow monthly activity calendar will incorporate various areas to focus on:

- Goal Setting
- Healthy Eating
- Mindfulness
- Physical Movement

### ***Inspiration:***

**“Even the strongest blizzards start with a single snowflake.”**

**Sara Raasch**



Follow along with us throughout the month and check the box for each week you participated in an activity. Each activity provides an opportunity to focus on your physical and mental well-being with the goal of creating a healthier lifestyle for yourself. By focusing on your needs, you are then able to take better care of others - your family, coworkers, employees, and community.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL WEEKLY ACTIVITIES
<b>JAN</b>							
<b>1 - 6</b>							
<input type="checkbox"/> Prioritize your health! Make a list of goals you desire to accomplish this month.							
<b>7 - 13</b>							
<input type="checkbox"/> Skip the screen time. Instead enjoy a board game, crossword, walk, run, deep breathing, reading a book, or journaling.							
<b>14 - 20</b>							
<input type="checkbox"/> Yummy!!! Focus on food, try and get your daily dose of fruits and vegetables.							
<b>21 - 27</b>							
<input type="checkbox"/> Challenge yourself this week to workout at least 20 minutes per day!							
<b>28 - 31</b>							
<input type="checkbox"/> Awesome job, congrats you made it! Check in on your goals from this month and see how you did. Start thinking about your goals for February.							
<b>TOTAL ACTIVITIES FOR THE MONTH:</b>							

NOTES:

