

JAN 2022

30-Day Health Challenge!

Check off how many health behaviours you can complete this month!

SUN

MON

TUE

WED

THU

FRI

SAT

01

Create a healthy grocery list for nutritious snacks for the week

02

Try 1 new vegetable

03

Exercise with a friend

04

Bring a water bottle around with you and refill at least 4 times

05

Have a calcium-rich snack (Greek yogurt, cheese string, almonds)

06

Unplug from technology 30 minutes before bed

07

Eat a fruit or vegetable with every meal

08

Calculate how much you spent on take-out meals this week.

09

Prep a lunch for tomorrow

10

Call a friend and ask about their weekend

11

Try a 10-minute home workout

12

Have a TV-free day

13

Substitute all sugary beverages with water or soda water for the day

14

Plan to eat 3 meals 4 hours apart from each other

15

Spend 30 minutes cleaning a neglected area of your home

16

Prep dinner for tomorrow

17

Make oatmeal with $\frac{1}{2}$ a banana and $\frac{1}{4}$ cup of nuts

18

Say one positive mantra 5 times (e.g. "I am capable of great things")

19

Have 1 meal with beans in it

20

Go for a 20-minute walk after a meal

21

Fish Friday! Try a healthy fish recipe for dinner

22

Try a healthy option at a restaurant (e.g. Subway salad).

23

Try a new breakfast recipe with what you have in the house

24

Have 1 meal with a dark green leafy vegetable

25

Compliment 3 people you know

26

Make enough dinner to have leftovers for lunch tomorrow

27

Have a red or orange vegetable snack between meals

28

Look up 2 new stretches and try them before bed

29

Park further away from your destination

30

Determine which habits you liked the most in January and stick with them

31

Pick 2 new healthy habits for February