

# January

# 2019

## January Challenge: Health & Wellness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Identify your health goals for 2019	2 Define what healthy means to you	3 Create an inspiration board	4 Drink at least 8 glasses of water	5 Go for a 30-minute walk
6 Make a meal plan for the week	7 Eat every meal without distraction	8 Start and end your day with light stretching	9 Eat a healthy breakfast	10 Meditate	11 Have a fruit and vegetable with every meal	12 Start taking a daily multi-vitamin
13 Check in on your health goals	14 Go a full day without any processed foods	15 Try a new exercise	16 Give up weighing yourself & ditch the scale	17 Start your day with a smoothie	18 Get at least 8 hours of sleep	19 Start your day with a cup of lemon water
20 Go an entire day without sugar	21 Download a brain training app	22 Fill your day with healthy fats	23 Exercise for 10 minutes	24 Do something relaxing	25 Do a brain dump to relieve stress	26 Pay attention to your hunger cues
27 Establish a bedtime routine	28 Find ways to add movement into your day	29 Start a collection of healthy recipes	30 Do 15 minutes of yoga	31 Reflect		
						 Head of the Homestead