

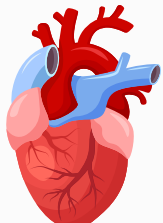






02

FEBRUARY



2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Go meatless today (eggs and dairy are OK) 1
Drink eight 8oz glasses of water (64 oz total) 2	Workout with a friend or family member 3	Go to bed one hour earlier 4	Do 60 minutes of physical activity 5	No soda/sugar-sweetened drinks 6	Do a YouTube fitness workout 7	Practice 5 minutes of meditation 8
Eat 3 different vegetables 9	Sub. healthier alternatives in a recipe 10	Park farther away from the entrance 11	Take the stairs instead of the elevator 12	Go for a long walk with family 13	Do a random act of kindness for a stranger 14	Do something for self care—your choice! 15
Go screen-free 2 consecutive hours 16	Laugh a lot— watch a comedy skit 17	Eat 3 different fruits 18	Say something positive about yourself 19	Eat whole foods— no added sugar 20	Write down 10 things you are thankful for 21	Dance while dinner is cooking 22
No salt or sugar 23	Add fruit to water for flavor 24	Choose baked or grilled, not fried 25	Create a new workout playlist 26	Cook with olive oil instead of butter 27	Try a new recipe 28	
						

Monthly Wellness— *Heart Health* Love yourself and take care of yourself.