

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Each day you complete the challenge put X next to the date</b>		<b>1</b> -Make sure to drink 8-10 glasses of water. -Be active for 20+mins	<b>2</b> Try a yoga class-you can do them online too- <b>Get 2 weeks free access to videos:</b> <a href="http://tinyurl.com/freeyogaz">tinyurl.com/freeyogaz</a>	<b>3</b> Get up and walk for a few minutes every hour.	<b>4</b> No processed food today-or junk/fast food! Eat whole clean healthy foods!	<b>5</b> Get outside and do something <b>FUN!</b>
<b>6</b> Spend time in meditation or prayer today.	<b>7</b> Go meatless! Be a vegetarian for the day (if not longer) <b>Recipes:</b> <a href="http://tinyurl.com/veg4day">tinyurl.com/veg4day</a>	<b>8</b> Pick up those weights! Do some lifting today!	<b>9</b> Try kettlebells! You'll love the results you get from using them. <a href="http://tinyurl.com/rkskbs">tinyurl.com/rkskbs</a>	<b>10</b> Go to bed early- "unplug" from technology 45 mins before going to bed.	<b>11</b> Go for a bike ride, run, hit the elliptical or spin class...do Cardio for at least 30 min.	<b>12</b> Do 10 min workout: 1 min jumping jacks 1 min burpees 1 min lunges 1 min pushups 1 min V-ups or crunches -Repeat it all again
<b>13</b> -Relax-read a book/magazine. -Help someone. -Volunteer	<b>14</b> Be grateful, express your gratitude too!	<b>15</b> Try a new fruit you've never had before.	<b>16</b> Take your vitamins <a href="http://tinyurl.com/takevitamins">tinyurl.com/takevitamins</a>	<b>17</b> Try a new vegetable you've never had before.	<b>16</b> Be inspired! <a href="http://bit.ly/rpIFrM">bit.ly/rpIFrM</a>	<b>19</b> Try a new healthy recipe for lunch or dinner. <a href="http://recipesforeatingwell.com">recipesforeatingwell.com</a>
<b>20</b> Check out a new park, enjoy time outside.	<b>21</b> Hold plank position for as long as you can. Work your core!	<b>22</b> Be creative! Draw, paint, take some pictures.	<b>23</b> Work those arms: Dumbbell curls Tricep dips Skull crushers	<b>24</b> Go for a jog or run! Doesn't matter how slow-just do it!	<b>25</b> Find something to laugh about! Make others laugh.	<b>26</b> Enjoy nature-get outside and do something active-run, hike, bike, walk, swim...anything!
<b>27</b> Pamper yourself today-massage, spa, just relax.	<b>28</b> 100 jumping jacks 50 crunches 20 squats 30 second plank 20 lunges	<b>29</b> Do some yoga for 30 mins or more.	<b>30</b> Eat 5-6 servings of fruits and 5-6 servings of veggies today and whole grains...nothing white! (sugar/flour/rice/pasta)	<b>31</b> Remember how you felt this month & continue healthy habits		

