



# Healthy Habits Weeks 1-4

	MONTH:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	<b>Drink half your body weight in water</b>							
2	<b>Eat a protein rich breakfast</b>							
3	<b>Eat 2 Fistfuls of Veggies for Lunch</b>							
4	<b>Eat 2 Fistfuls of Veggies For Dinner</b>							



# Healthy Habits Weeks 5-8

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5	<b>Eat Veggies at Breakfast</b>							
6	<b>Eat one serving fish/seafood</b>							
7	<b>Repeat Week ____:</b>							
8	<b>Make a meal plan</b>							



# Healthy Habits Weeks 9-12

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9	<b>Spend one hour prepping meals for the week</b>							
10	<b>Bring your lunch to work</b>							
11	<b>Gauge your hunger scale of 1-10 before eating</b>							
12	<b>Eat only when hungry</b>							



# Healthy Habits Weeks 13-16

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
13	<b>Eat until 80% full</b>							
14	<b>Remove distractions when you eat</b>							
15	<b>Repeat the habit you struggled with the most</b>							
16	<b>Limit your sugar consumption to less than 25 grams per day</b>							



# Healthy Habits Weeks 17-20

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
17	<b>Take a Multi-vitamin</b>							
18	<b>Take Omega 3 supplements</b>							
19	<b>Take a Probiotic – and/or consume probiotic foods</b>							
20	<b>Eat protein at every meal</b>							



# Healthy Habits Weeks 21-24

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
21	<b>Consume prebiotic foods</b>							
22	<b>Repeat Week ____:</b>							
23	<b>Get at least 7 hours of sleep a night</b>							
24	<b>Limit blue light exposure 45 minutes before bed</b>							



# Healthy Habits Weeks 25-28

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
25	<b>Consume one serving of prebiotic foods daily</b>							
26	<b>Make all your grains whole grains</b>							
27	<b>Eat red produce</b>							
28	<b>Eat yellow produce</b>							



# Healthy Habits Weeks 29-32

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
29	<b>Eat dark green produce daily</b>							
30	<b>Eat blue produce daily</b>							
31	<b>Eat purple produce daily</b>							
32	<b>Eat white produce daily</b>							





# Healthy Habits Weeks 33-36

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
33	<b>Repeat Week ____:</b>							
30	<b>Limit Alcohol Consumption</b>							
31	<b>Meditate for 5+ minutes</b>							
32	<b>Gratitude Journaling</b>							



# Healthy Habits Weeks 37-40

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
37	<b>Eat veggies when you snack</b>							
38	<b>Get 10,000 steps per day</b>							
39	<b>Foam roll daily</b>							
40	<b>Skin Brushing Nightly</b>							



# Healthy Habits Weeks 41-44

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
41	<b>Repeat Week ____:</b>							
42	<b>Swap cooking oils for coconut, avocado or olive oil (low eat only)</b>							
43	<b>Practice positive self talk</b>							
44	<b>Swap dessert for something healthier</b>							



# Healthy Habits Weeks 45-48

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
44	<b>Use the dirty dozen phone app</b>							
45	<b>Remove hydrogenated oils from your diet</b>							
46	<b>Connect With Someone</b>							
47	<b>Download and use the skin deep app</b>							
48	<b>Remove artificial sweeteners</b>							



# Healthy Habits Weeks 49-52

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
49	<b>Remove artificial sweeteners</b>							
50	<b>Eat only real food (limit processed foods)</b>							
51	<b>Eat superseeds (chia, flax, and hemp)</b>							
52	<b>Fully Chew Your Food/ Put the Fork Down</b>							