



Last 90 Days

		Sun	Mon	Tues	Wed	Thur	Fri	Sat
1	Up Early							
2	Hydrate							
3	Move your body							
4	Mindful nutrition							
5	Practice gratitude							

1	Up Early - Make time for a little silence, consider setting a daily intention, avoid rushing.
2	Hydrate - Try to drink 1/2 your body weight in oz of water each day. More if your working out vigorously. Try drinking 16 oz of water 30 minutes before eating.
3	Move your body - Try to get in 30 minutes of movement each day. This is achievable regardless of your fitness level and can be done all at once or done in 10 - 15 minute sessions. Do what works for you.
4	Mindful nutrition - Be aware of what you eat. Eat slowly and enjoy your food. Focus more on the nutritional value of the foods you eat rather than calorie or carb count. Consider opportunities to add more vegetables and avoid highly processed foods.
5	Practice gratitude - Take a few minutes at the end of your day to reflect and identify 3-5 things you are grateful for. It's beneficial to write them down. This simple practice provokes positive emotions and trains your brain to look for the everyday blessings and ultimately leads to more joy and happiness.



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