

CHOOSE ONE Healthy Habit from each category and Practice these for the Week. Rotate Weekly.

**BODY**

• 10,000 steps per day

• 150-300 minutes of moderate or 75 – 150 min of vigorous intensity exercise per week

• Add a Vegetable and Protein to Every Meal

• Bundle Up & Walk/Run or Hike Outside 1x per week- No Matter what the weather is

• Decrease caffeine

• Decrease sugar

• Don't Eat After 8 pm During the Week

• Eat a healthy breakfast

• Eat colors of the rainbow

• Eliminate tobacco use (smoking, vaping, smokeless tobacco)

• Eliminate Your #1 Indulgence for the 21-days

• Exercise 150 minutes per week

• Go meatless 1 or more days per week

• Hydrate-Drink 64 Ounces of Water Daily

• Meal Prep on the weekend- Lunch and Dinner for the Week

• Practice balance exercises every day

• Strength training 2-3 times per week

• Stretch- 5-10 min. per day- 3x per week

• Track Your Food Daily Using a Notebook or an app (ex. My Fitness Pal)

• Try a New Recipe, Hobby or Activity

• Walk daily

**MIND**

• Challenge your brain with puzzles or games (ex. Board games, crosswords, sudoku)

• Connect with a friend or family member you haven't seen or talked to in awhile

• Declutter or Organize a Room or space-1 hour, 2x per week

• Improve sleep quality

• Make a Daily To Do List- Cross Off & Feel Good about your Accomplishments

• Meditate 10 minutes a day, x2 per week

• Practice mindfulness

• Reduce screen time

• Sleep 7-9 hours each night

• Start A Group Text or Facebook Group with Family or Friends to Stay Connected

**SPIRIT**

• Attitude of Gratitude

• Calm Yourself by taking 5 Deep Breaths, 3 x throughout the day -

• Compliment Someone Daily

• Journal Daily What You are Grateful For

• Laugh Daily

• Perform Random Acts of Kindness

• Smile When Walking into a Room

• Write a Thank You Note to Someone