

Healthy Habits to Start With

**Pick a few*



1. Drink plenty of water (8+ cups/day)
2. Eat nourishing foods
3. Exercise regularly
4. Get good sleep (8+ hrs)
5. Spend time outdoors
6. Make time to play and explore
7. Practice mindfulness and meditation
8. Drink one extra glass of water a day
9. Replace soda with carbonated water
10. Take a 10 minute walk
11. Correct your posture
12. Go to bed 1/2 hour earlier
13. Weigh yourself weekly

*Create your own healthy habits to try

14. _____
15. _____
16. _____
17. _____
18. _____

M	T	W	TH	F	S	S
