

30

BABY STEPS FOR YOUR HEALTH

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-------------------------------------|---------------------------------|---|--|------------------------------------|-------------------------------|--|
| | | 1 Plan next week's physical activity | 2 Drink water with every meal & snack | 3 Complete a wellness assessment | 4 Create a bedtime routine | 5 Stretch |
| 6 Eat breakfast | 7 Volunteer | 8 Set your bedroom up for your best sleep | 9 Make a physical activity playlist | 10 Try a new recipe | 11 Be present | 12 No screens at least an hour before bed |
| 13 Find a physical activity friend | 14 Cook with a kid in your life | 15 Smile & laugh | 16 Avoid afternoon caffeine | 17 Meal plan | 18 Disconnect from your phone | 19 Go to bed 30 minutes earlier than usual |
| 20 Find an outdoor trail to explore | 21 Eat a new fruit or veggie | 22 Breathe - inhale for 5, exhale for 7 | 23 Nix extra to-dos/ social events - go to bed | 24 Be physically active with a kid | 25 Roast a fruit for dessert | 26 Have lunch with a friend |
| 27 Go outside to improve your mood | 28 Try a new physical activity | 29 Connect with someone new | 30 Pack your lunch | | | |