

NOVEMBER

A healthy lifestyle is made up of a whole collection of small, daily decisions. The decision to eat better and exercise may seem insignificant, but when spread out over a week, month or year, it adds up to a healthy, happy you! Print out this calendar and check it daily to see what little things you can do to keep healthy, strong and motivated.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1 Schedule Your Workouts Get your workouts ready for the month! Pencil them in weekly like any other appointment.	 2 Eat Smart At Work Like to nibble while you work? Plan out some healthy snacks for the week. bit.ly/2SWbFBX	 3 YOUR VOTE COUNTS	4 Get Motivated Happy Wednesday! Stay motivated with your goals... While you're at it, see if you can motivate someone else this week too!	 5 One healthy meal at a time.	6 Treat Yourself It's Friday! Order some take out and watch a movie tonight. It's important to make time for yourself.	 7 Put Down Your Electronic Device Unplug from your tablet or phone for a couple of hours and enjoy a good book or exercise.
8 Meal Prep It's a good day to start eating healthy! Try food prepping healthy meals for the week. 	9 Good things come to those who SWEAT!	 10 Take The Stairs Studies show the risk of Cardiovascular disease is lower among those who regularly climb stairs.	11  THANK YOU VETERANS	12 Quick Morning Workout 50 crunches 10 pushups 20 lunges Eat A Healthy Breakfast!	13  Hydrate! Have you been drinking enough water? Start with 16 ounces as soon as you get out of bed. It kickstarts your metabolism!	14 Hydrate! Have you been drinking enough water? Start with 16 ounces as soon as you get out of bed. It kickstarts your metabolism!
15 BELIEVE THERE IS GOOD IN THE WORLD	16 Halfway There! The month is already halfway over! Check in with this month's goals and stay on track.	 17 Mindful Moment Tip Wake up with a purpose. Ask yourself: "What is my intention for today?"	18 Stress Management Get out of your head. Sometimes you just need a break. Distract yourself. Do something positive that takes your mind off things.	19 Push It Up Happy Thursday! Push ups work almost every muscle in the body. See how many you can do this morning.	20 See if you can get in at least 5 servings of fruits and veggies today. 	21 Weekend Motivation Tackle 3 things on your ever growing to-do list before 10AM. You'll be surprised how good it will feel!
22 Eating Out? Plans to go out to dinner tonight? Challenge yourself to eat something healthy on the menu and drink a full glass of water.	 23 Goal Check The month has flown by! Did you meet your goals? Find time today to work on your health goals for next month.	 24 Roasted Acorn Squash with Rosemary If you're celebrating Thanksgiving with family or friends this year, try this healthy, savory side. bit.ly/3nP93nE	25  Happy Thanksgiving	26 BLACK FRIDAY	27 BLACK FRIDAY	28 Take A Break Happy Saturday! Take a day off from exercising or your usual routine and do something different today!
 29 Go Hard Happy Sunday! Make today your hardest workout of the week. Tomorrow, rest and recover.	30 If you don't want anyone to find out, don't do it. -Chinese Proverb	 DON'T QUIT YOUR DAY DREAM				

Congrats!

You made it through November! How did you do? Start thinking about December's goals while you're at it!

GOALS