

2020



DECEMBER

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

HO! HO! HO!
HO! HO! HO!
HO! HO! HO!



1

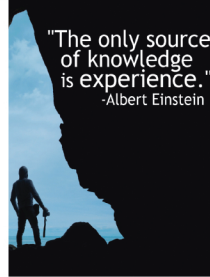
Schedule Your Workouts

Get your workouts ready for the month! Pencil them in weekly like any other appointment.

2

Get Motivated

Happy Wednesday! Stay motivated with your goals... While you're at it, see if you can motivate someone else this week too!



4

Treat Yourself

It's Friday! Order some take out and watch a movie tonight. It's important to make time for yourself.

5

See if you can get in **at least 5 servings** of fruits and veggies today.



6

Go Hard

Happy Sunday! Make today your hardest workout of the week. Tomorrow, rest and recover.



7

Eat Smart At Work

Like to nibble while you work? Plan out some healthy snacks for the week. bit.ly/335zLzH

Integrity is choosing courage over comfort.



9

Mindful Moment Tip

Close your eyes and listen to all sounds for 2 minutes.

10

Stress Management

Mark due dates and upcoming events on a calendar, prioritize tasks and complete them ahead of schedule.

11

Take The Stairs

Studies show the risk of Cardiovascular disease is lower among those who regularly climb stairs.

12

Meal Prep

It's a good day to start eating healthy! Try food prepping healthy meals for the week.



13

Weekend Motivation

Tackle 3 things on your ever growing to-do list before 10AM. You'll be surprised how good it will feel!

14

You've got to nourish to flourish.



15

Halfway There!

The month is already halfway over! Check in with this month's goals and stay on track.

16

Quick Morning Workout

10 jumping jacks
10 calf raises
10 squats
Eat A Healthy Breakfast!



Make-Ahead Broccoli-Cheddar Quiche

This easy, cheesy broccoli quiche is a holiday pleaser. Make it ahead of time for dinner, or you can even make it, and reheat the next day for breakfast or brunch.

bit.ly/3924yBz

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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.



20

Ugly Sweater Day

If you are headed to work, a holiday gathering, or just sitting at home...be sure to rock that ugly sweater!



21

22



Hydrate!

Have you been drinking enough water? Start with 16 ounces as soon as you get out of bed. It kickstarts your metabolism!

23



HAPPY HOLIDAYS



26

Put Down Your Electronic Device

Unplug from your tablet or phone for a couple of hours and enjoy a good book or exercise.

27

Take A Break

Happy Sunday! Take a day off from exercising or your usual routine and do something different today!



National Call a Friend Day

2020 is almost over. Today, Facetime or call that friend you've been meaning to connect with and see how they're doing.



29

Goal Check

The month has flown by! Did you meet your goals? Find time today to work on your health goals for next month.

30

Push It Up

Happy Wednesday! Push ups work almost every muscle in the body. See how many you can do this morning.



31

Happy New Year's Eve!

What a year! Reflect and think about how to rock 2021 with new and improved wellness goals!

Congrats!

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

GOALS