

2021 JANUARY

A healthy lifestyle is made up of a collection of daily decisions. Eating 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

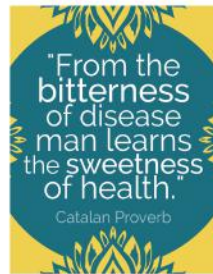
One Day or Day One...
YOU DECIDE

Happy New Year

2
Schedule Your Workouts
Get your workouts ready for the month! Pencil them in weekly like any other appointment.



3
Hydrate!
Struggle to drink enough water each day? Use a marked water bottle to help motivate you: amzn.to/2JJrA5K



6
National Bean Day
Eat your beans! Consuming beans regularly may decrease your risk of a heart attack and other cardiovascular problems.

7
Healthy Grocery List Ideas
Need some ideas to kickstart healthier grocery shopping for the month? Check this list out: bit.ly/2KkZZr6



Slimming Detox Soup
Let's start 2021 off with a yummy detox soup! This bowl of deliciousness is super low in calories and has lots of fiber, you can eat until you feel nice and full without worrying about overdoing it.
bit.ly/3m6juBc

10
Meal Prep
Meal prepping can save time and money! Plan out your meals this weekend so you can grab and go during the week.

11
Eat Slower This Week
Taking smaller bites and thoroughly chewing your food helps lead to fewer digestive problems and weight loss.

12
National Hot Tea Day
Studies have shown tea can boost your immune system and even ward off cancer and heart disease.
wb.md/3m8kODG

13
No Time To Exercise?
There is always a way to sneak movement into your day. Today, be sure to stand up and do some lunges while you're on a few work calls.

14
DON'T FORGET TO TAKE CARE OF YOURSELF!

15
Skip Day!
Halfway though the month already? Take the day off from exercising and check in with your goals tomorrow.

16
Weekend Motivation
Finish what you start. Don't let your list of to do's add up. Start and finish a project this weekend and high five yourself!

17
Me Time
It's Sunday! Make time for yourself today. Take a break from your weekend routine and enjoy doing something just for you.

"HEALTH IS MUCH MORE DEPENDENT ON OUR HABITS AND NUTRITION THAN ON MEDICINE."
JOHN LUBBOCK

19
Stress Management
Aromatherapy has real benefits for stress relief which can relax and help you feel more present in the moment.

20
Eat Smart At Work
Like to nibble while you work? Try to find ways to eat healthy snacks throughout the day:
bit.ly/30MeSC5

21
Quick Morning Workout
20 squats
20 push ups
15 knees to chest
Don't forget to eat a healthy breakfast!

22
Celebration of Life Day
Happiness helps boost your immune system, improve self-esteem and aids in better sleep patterns. Get happy today!

23
Dinner Plans?
Plans to go out to dinner tonight? **Challenge yourself** to eat a low calorie entree and drink two glasses of water.

24
Unplug!
Put down your tablet or phone for a couple of hours and enjoy a good book, exercise or practice some breathing exercises.

25
No Fast Food Challenge!
Yes, we know it's convenient, but **challenge yourself** this week to not find yourself in the drive-thru line.

26
Go Hard
Happy Wednesday! Make today your hardest workout of the week. Tomorrow, rest and recover.

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THE MORE MUSCLE YOU HAVE, THE MORE CALORIES YOU BURN.

29
Mindful Moment Tip
Incorporate what you love to do into weekly activities, and you will find it easier to connect.

30
Sit Less Today
Weekends are for relaxing, but **challenge yourself** to find reasons to stay busy and active today.

31
Congrats!
You made it through January! How did you do? Start thinking about February's goals while you're at it!

GOALS