

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																				
<p>1 Ground Hog Day Are you ready to get healthy for spring? Or is a longer winter your thing?</p>	<p>2 Schedule Your Workouts Get your workouts ready for the month! Pencil them in weekly like any other appointment.</p>	<p>3 BEAUTY BEGINS THE MOMENT YOU DECIDE TO BE YOURSELF. -COCO CHANEL</p>	<p>4 World Cancer Day</p>	<p>5 Dinner Plans? Plans to go out to dinner tonight? Challenge yourself to eat a low calorie entree and drink two glasses of water.</p>	<p>6 Healthy Grocery List Ideas Need some ideas to kickstart healthier grocery shopping for the month? Check this list out: bit.ly/3sHmoCv</p>	<p>7 Meal Prep Meal prepping can save time and money! Plan out your meals this weekend so you can grab and go during the week.</p>	<p>8 Stress Management Put your problems into perspective. Will you really care about the present difficulty in a week or month?</p>	<p>9 Be fearless in the pursuit of what sets your soul on fire.</p>	<p>10 Quick Pre-Shower Workout 20 tricep dip 20 squats 10 knees to elbow Don't forget to eat a healthy breakfast!</p>	<p>11 Have you had your fruits and veggies today? Plan on eating a colorful salad for lunch or dinner.</p>	<p>12 Chopped Salad with Salmon & Creamy Garlic Dressing What are you making healthy this weekend? Try this fresh tasting and good for you salad. If salmon isn't your thing, try it with chicken or shrimp. bit.ly/3sFk8N</p>	<p>13 BE FINE</p>	<p>14 Skip Day! Halfway through the month already? Take the day off from exercising and enjoy Valentine's Day!</p>	<p>15 Eat Slower This Week Taking smaller bites and thoroughly chewing your food helps lead to fewer digestive problems and weight loss.</p>	<p>16 Hydrate! Struggle to drink enough water each day? Use a marked water bottle to help motivate you: amzn.to/2JrA5K</p>	<p>17 LIVE SIMPLE. Be Grateful. Give Love.</p>	<p>18 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.</p>	<p>19 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!</p>	<p>20 Unplug! Put down your tablet or phone for a couple of hours and enjoy a good book, exercise or practice some breathing exercises.</p>	<p>21 No Fast Food Challenge! Yes, we know it's convenient, but challenge yourself this week to not find yourself in the drive-thru line.</p>	<p>22 It won't work if it's a diet. Make it your lifestyle.</p>	<p>23 Eat Smart At Work Like to nibble while you work? Try to find ways to eat healthy snacks throughout the day. bit.ly/3ix6rs4</p>	<p>24 Go Hard Happy Thursday! Make today your hardest workout of the week. Tomorrow, rest and recover.</p>	<p>25 Mindful Moment Tip Allow yourself to feel sad, angry, happy or disappointed. Feel all of these emotions, but then let them go, don't cling.</p>	<p>26 Me Time It's Saturday! Make time for yourself today. Take a break from your weekend routine and enjoy doing something just for you.</p>	<p>27 Congrats! You made it through February! How did you do? Start thinking about March's goals while you're at it!</p>

Don't Trip Over What's Behind You.

GOALS