

28 Day Healthy Habits Calendar

2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Pantry Cleanout	2 Drink at least 64 oz water	3 Eat one meal that has at least three colors	4 Order a healthier meal out
5 Meal prep one meal for the week	6 Workout for 30 minutes	7 Make a healthy meal in the slow Cooker	8 Read for 15 minutes	9 Swap one cup of coffee for a cup of herbal tea	10 Skip the alcohol	11 Take your workout outside
12 Do 20 minutes of Yoga	13 Meditate for 10 minutes before going to work	14 Try a new recipe	15 Write down your goals	16 Listen to an inspirational podcast	17 Social Media Detox	18 Journal for 10 minutes
19 Update your workout playlist	20 Try a new fitness class	21 Read a new blog post	22 Try one new fruit/vegetable	23 Make your coffee at home today	24 Go for a walk at lunch	25 Take a detox bath
26 Clean out your closet	27 Track all of your food today	28 Get up 10 minutes earlier	Notes:			