



## **Choose a Healthy Habit from this list OR Create your Own**

### **BODY**

- 10,000 steps per day
- 150-300 minutes of moderate or 75 – 150 min of vigorous intensity exercise per week
- Add a Vegetable and Protein to Every Meal
- Bundle Up & Walk/Run or Hike Outside 1x per week- No Matter what the weather is
- Decrease caffeine
- Decrease sugar
- Don't Eat After 8 pm During the Week
- Eat a healthy breakfast
- Eat colors of the rainbow
- Eliminate tobacco use (smoking, vaping, smokeless tobacco)
- Eliminate Your #1 Indulgence for the 21-days
- Exercise 150 minutes per week
- Go meatless 1 or more days per week
- Hydrate-Drink 64 Ounces of Water Daily
- Meal Prep on the weekend- Lunch and Dinner for the Week
- Practice balance exercises every day
- Strength training 2-3 times per week
- Stretch- 5-10 min. per day- 3x per week
- Track Your Food Daily Using a Notebook or an app (ex. My Fitness Pal)
- Try a New Recipe, Hobby or Activity
- Walk daily

### **MIND**

- Challenge your brain with puzzles or games (ex. Board games, crosswords, sudoku)
- Connect with a friend or family member you haven't seen or talked to in awhile
- Declutter or Organize a Room or space-1 hour, 2x per week
- Improve sleep quality
- Make a Daily To Do List- Cross Off & Feel Good about your Accomplishments
- Meditate 10 minutes a day, x2 per week
- Practice mindfulness
- Reduce screen time
- Sleep 7-9 hours each night
- Start A Group Text or Facebook Group with Family or Friends to Stay Connected

### **SPIRIT**

- Attitude of Gratitude
- Calm Yourself by taking 5 Deep Breaths, 3 x throughout the day
- Compliment Someone Daily
- Journal Daily What You are Grateful For
- Laugh Daily
- Perform Random Acts of Kindness
- Smile When Walking into a Room
- Write a Thank You Note to Someone