

BE MORE IN 2024!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

BEING MORE
INTENTIONAL, PROACTIVE,
AND MEANINGFUL IN THE
NEW YEAR

1

WRITE
YOURSELF A
NOTE TO READ
ON JAN. 1, 2025

2

CREATE A
GRATITUDE LIST
(5 THINGS)

3

FOCUS ON
EATING RAINBOW
COLORED
VEGGIES TODAY

4

DRINK MORE
WATER THAN
YOU NORMALLY
DO

5

CREATE A
PLAYLIST FOR
YOUR 10
MINUTE WALKS

6

HAVE A NO
PLANS DAY AND
ENJOY IT

7

PLAN YOUR
UPCOMING WEEK

8

*CHOOSE ONE OF
CHAIR YOGA
EXERCISES, TRY
DURING A BREAK

9

PACK A
HEALTHY SNACK
OR LUNCH

10

HAVE A DAY WITH
LESS SCREEN
TIME AND MORE
MOVEMENT

11

LISTEN TO YOUR
BODY & BE
GRATEFUL FOR
WHAT IT CAN DO

12

GO FOR A 10
MINUTE WALK
ON YOUR BREAK

13

VOLUNTEER
WITH YOUR
FAVORITE
CHARITY

14

PREPARE A
HEALTHY LUNCH
OR SNACK

15

ADD 3 THINGS TO
YOUR GRATITUDE
LIST

16

*CHOOSE ONE OF
CHAIR YOGA
EXERCISES, TRY
DURING A BREAK

17

EAT YOUR
FAVORITE SNACK
AND ENJOY IT!

18

FOCUS ON WHAT
YOU CAN DO,
RATHER THAN
WHAT YOU
CANNOT

19

SET A SMALL
GOAL FOR
YOURSELF
AND
ACCOMPLISH IT

20

VISIT THE MAIN
STREET
FARMER'S
MARKET

21

WRITE DOWN
YOUR INTENTIONS
FOR THE
UPCOMING WEEK

22

*CHOOSE ONE OF
CHAIR YOGA
EXERCISES, TRY
DURING A BREAK

23

PACK A
HEALTHY SNACK
OR LUNCH

24

MAKE AN EFFORT
TO FIND JOY IN
THE SIMPLE
THINGS IN LIFE

25

GO FOR A 10
MINUTE WALK
ON YOUR BREAK

26

WRITE A
GRATITUDE
NOTE TO
SOMEONE ELSE

27

TURN YOUR
HOUSEHOLD
CHORES INTO A
WORKOUT

28

COOK A
HEALTHY MEAL

29

GO FOR AN 15
MINUTE WALK
DURING BREAK

30

TAKE PHOTO OF
SOMETHING
THAT BRINGS
YOU JOY

31

WHAT IS ONE
THING YOU
LEARNED/LIKED
OVER THE PAST
MONTH?

GO #TEAMLDH!

*SEE THE HYPERLINK