

# 21 DAY

## Healthy Habit Challenge

It takes 21 days to make a habit.

Include these new healthy habits in your routine and over time they can have a big, positive impact on your health!

WHAT THE ICONS MEAN:



mental health



diet



physical health

DAY 1

Lay out your clothes the night before



DAY 2

Set an alarm to check your posture throughout the day



DAY 3

Talk to your physician about what vitamins you may need



DAY 4

Meditate or practice deep breathing for 10 minutes



DAY 5

Sleep 7-9 hours each night



DAY 6

Start your day with a glass of water



DAY 7

Straighten up your desk before leaving work



DAY 8

Move for at least 150 minutes each week



DAY 9

Eat a fruit or veggie with every meal



DAY 10

Express gratitude



DAY 11

Set a daily step goal



DAY 12

Pack your lunch the night before



DAY 13

Do a challenging brain puzzle or read a book



DAY 14

Stretch before bedtime



DAY 15

Put away the salt shaker for one meal



DAY 16

Turn off electronics 30 minutes before bed



DAY 17

Stand up and move twice an hour



DAY 18

Track what you eat



DAY 19

Get in touch with a friend



DAY 20

Set a new fitness goal to keep you motivated



DAY 21

Eat slower – put the fork down between bites

