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 7-8 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