

# 2018

# NOVEMBER

A healthy lifestyle is made up of a whole collection of small, daily decisions. The decision to drink water instead of soda may seem insignificant, but when spread out over a week, month or year, it adds up to a healthy, happy you! Print out this calendar and check it daily to see what little thing you can do to keep healthy and strong.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**1**

**First Up**  
Make a *list of goals* you want to accomplish by the end of the month.

**2**

**Deviled Eggs Day**  
boil some eggs, and make some delicious deviled eggs.

**3**

**Get Motivated**  
When you feel like quitting... Think about why you started and motivate someone else today.

**4**

**Start A Healthy Habit**  
Pick one habit you'd like to get better at! Drink more water, watch less tv, go to the gym!

**5**

**Thinking about a healthy Thanksgiving side?**  
This Slow-Cooker Green Bean Casserole with Crispy Onions sounds like a healthy win!  
<https://bit.ly/2yQSEq5>

**7**

**Skip TV Time**  
and alternate going for a walk or run. Yes, even if you DVR your shows.

**8**

**Go Hard**  
Make today your hardest workout of the week. Tomorrow you can rest and recover.

**9**

**FOCUS ON FINDING balance in YOUR life AND REMEMBER THAT YOU DON'T HAVE TO DO IT ALL.**

**10**

**Schedule your workouts**  
for the week. Pencil them into your calendar like any other appointment.

**11**

**Veterans Day**  
Veterans Day honors all members of the Armed Forces who served this country valiantly, and in a very big way.

**12**

**Quick Morning Workout**  
25 Jumping jacks  
10 Pushups  
20 Tummy tucks  
30 second plank

**13**

**Hydrate!**  
Start off your morning with 16 ounces of water as soon as you get out of bed. It kickstarts your metabolism!

**15**

**Use Less Stuff Day**  
Trash production in the U.S. increases by 25% during the winter holiday season. Reduce, reuse and recycle.

**16**

**Skip the elevator and take the stairs.**  
Studies show the risk of CARDIOVASCULAR disease is lower among those who regularly climb stairs.

**17**

**See if you can get in at least 5 servings of fruits and veggies today.**

**18**

**Food Prep**  
Start thinking about your healthy meal plan for next week and prep over the weekend.

**19**

**8-4-7 Breathing**  
1) Exhale deeply through mouth for 8 seconds.  
2) Inhale through nose for 4 seconds.  
3) Hold breath for 7 seconds.  
4) Repeat.

**20**

**Set a goal that makes you want to jump out of bed in the morning.**

**21**

**Need An Appetizer Idea?**  
<https://bit.ly/2Pi7Qqu>  
**Baked Brie with Honey and Rosemary.** You can't top melted, gooey cheese.

**22**

**LET OUR hearts BE FULL OF BOTH THANKS AND giving**

**23**

**Black Friday**  
Get your shopping on! We hope you enjoy Black Friday almost as much as the retailers do!

**24**

**Unique Talent Day**  
Embrace your unique talent and celebrate it, no matter how quirky it is celebrate Unique Talent Day!

**25**

**Treat Yourself**  
It's Sunday! Soak in a hot bath, read a novel or go for a walk. Mental Health is just as important as your physical.

**26**

**POSITIVE mind POSITIVE vibes POSITIVE life**

**27**

**Squat Jumps**  
Let's do a *squat jump* for the rest of the month! A bit of heart rate work while working on total body movement.

**28**

**Red Planet Day**  
On Red Planet Day, take a few minutes to look upwards into the sky and gaze at our neighbor, the fourth planet in the solar system, Mars.

**29**

**Be Kind**  
Random acts of kindness make everyone feel good. Pay for someone's Starbucks drink today, or just tell someone they look nice.

**30**

**Try Out A Magazine Workout**  
Pick up the nearest fitness magazine and try one of the workouts.

**Congrats!** You made it through November! Make sure to check in with your goals and see how you did. Start thinking about December's goals while you're at it!

# GOALS