

2019 MARCH

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 strong and motivated.

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
Schedule your workouts
Pencil them into your calendar like any other appointment and be ready for the week!

3
One Song Workout
Pick a good song that gets you going and do a high impact workout to it.
<https://bit.ly/2E6rIKZ>

4
"DON'T WISH FOR A GOOD BODY, WORK FOR IT."

5
Mindful Breathing
Reduce stress at work or at home. Focusing on a single sensation can help to still a racing mind. Learn more here:
<https://bit.ly/2GH9oX5>

6 **7**
HONEY GLAZED SALMON SHEET PAN DINNER
This is Fast, Fresh and Easy to make. Bonus point: HEALTHY! It is the perfect weeknight meal, but flavorful enough for company. Copy the link- <https://bit.ly/2HojgdN>

8
TGIF!
Plans to go out to dinner tonight? Challenge yourself to eat something healthy on the menu and drink a full glass of water.

9
Healthy Snack Work Ideas
Like to nibble while you work? Plan out some healthy snacks for next week.
<https://bit.ly/2w07mIA>

10
SPRING AHEAD

Take advantage of daylight savings time and fit in those exercises.

11
Get Motivated
It's Monday! Don't think about quitting... While you're at it, see if you can motivate someone else today too!

12
Quick Morning Workout
10 Front kicks
15 Squats
20 Crunches
Eat A Healthy Breakfast!

14
Set a goal that makes you want to jump out of bed in the morning.

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

15
Almost Halfway There!
The month is halfway over. Check in with this month's goals and stay on track.

16
Morning Motivation
Tackle 3 things on your ever growing to-do list before 10AM. You'll be surprised how good it will feel!

17
Happy ST. PATRICK'S DAY

18
Be Kind
Random acts of kindness make everyone feel good. Pay for someone's Starbucks drink today, or help someone before they ask.

19
Let's Laugh Day
Laughing is healthy and feels good! Play a joke, tell a joke, do what you need to, to get a good chuckle today!

20
First Day of Spring

22
Positive mind. Positive life.

BELIEVE IN YOUR DREAM

23
Puppy Day!
Thinking about adopting? See if there are any cute puppies at your local shelter.

24
Treat Yourself
Happy Sunday! Order some yummy take out and watch a good movie. Make time for you today!

25
Don't look for happiness, create it.

26
Hydrate!
Have you been drinking enough water? Start with 16 ounces as soon as you get out of bed. It kickstarts your metabolism!

28
Take The Stairs
Studies show the risk of **CARDIOVASCULAR** disease is lower among those who regularly climb stairs.

29
Step Away From Your Electronic Device
Take a break from your ipad or iphone and go for a walk. Enjoy the sounds of nature.

30
Food Prep
It's a good day to start eating healthy! Try food prepping healthy meals for the week.

31
Buy Local
Think about buying your produce from local farmers markets.

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

GOALS