

# YOUR BEST JANUARY

sun	mon	tues	weds	thurs	fri	sat
<b>31</b>  Eat seaweed today.					<b>1</b>  Eat 1 meal outside or near a window for sunshine.	<b>2</b>  Brew a cup of ginger, mint, or fennel tea to help w/ digestion.
<b>3</b> Add an extra handful of greens to anything you eat today.	<b>4</b>  Breathe in for 4 counts, hold for 4 counts, breathe out for 4 counts.	<b>5</b> Do 25 jumping jacks, 4 times today.	<b>6</b> Think of 5 things you are grateful for. Gratitude changes everything.	<b>7</b>  Drink 1/2 your body weight in ounces of water today.	<b>8</b> Have raw veggies for a snack today. Pair with hummus, tzatziki, or nut butter.	<b>9</b> Focus on chewing every bite of food 15x.
<b>10</b>  Put away electronics 1 hour before bed.	<b>11</b> Swap coffee to matcha for less jitters and more energy/focus.	<b>12</b>  Talk a walk outside & appreciate nature.	<b>13</b>  Drink a mug of hot water with fresh lemon today.	<b>14</b>  Put sauerkraut on something today for gut health.	<b>15</b> Set your morning alarm 20 min earlier for a rush-free AM.	<b>16</b>  Write a thank you note to someone & mail it.
<b>17</b> Eat 2 cups of veggies at dinner.	<b>18</b>  Stand up every hour to boost brain power.	<b>19</b> Eat all of your meals from a PLATE while SEATED at a TABLE.	<b>20</b> Think of 3 small things you did yesterday that you are proud of.	<b>21</b>  Do a 60 second plank, 4 times today.	<b>22</b>  Track fiber, aim to get 30 grams today.	<b>23</b> Swap alcohol to club soda w/ bitters.
<b>24</b> Change your passwords to motivating health mantras	<b>25</b>  Make all meals meatless today.	<b>26</b>  Enjoy a piece of dark chocolate & mint tea for dessert.	<b>27</b> Take a contrast shower (alternate hot/cold).	<b>28</b> Find a recipe for salad dressing and make your own.	<b>29</b>  Dance and jump around to your favorite song.	<b>30</b>  Have a piece of fruit + handful of nuts for a snack.