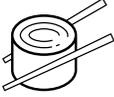


YOUR BEST JANUARY

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