

# February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Measure your hip:waist	No caffeine	Eat 5 servings of fruits and vegetables	Dance in the kitchen!	Park away from the front of the building and walk a little further	No added salt	Get 8 hours of sleep
Laugh WITH/AT someone  Just kidding	Get a BP reading	Learn the importance of dietary fiber	Try a new exercise	Drink 8 glasses of water	Write down everything you eat	Make a new exercise goal
Make a plan to reach your new goal	Weigh yourself	Learn the difference between LDL and HDL cholesterols	Record the total number of calories for the day	Teach someone a healthy habit	Determine your risk factors for exercise	No junk food
Relax in silence	Try a new HEALTHY food	Park farther away or take the stairs	Learn the difference between saturated and unsaturated fats	Read the nutritional information for everything you eat	Spend time outdoors, search for sunshine....good luck	Do a random act of kindness for someone