

30 DAYS TO REFRESH, REVITALIZE AND RENEW

Day 1:

- ☐ CALL A FRIEND OR FAMILY MEMBER
- ☐ TAKE A BREAK & GO ON A WALK
- ☐ GO TO BED ON TIME

Day 2:

- ☐ 15 JUMPING JACKS
- ☐ PRACTICE 10 MINUTES OF MINDFULNESS
- ☐ SHARE A FUNNY VIDEO WITH CO-WORKERS

Day 3:

- ☐ GET 7-8 HOURS OF SLEEP
- ☐ TAKE A BREAK TO WRITE IN A JOURNAL
- ☐ TAKE A FEW MINUTES TO STRETCH

Day 4:

- ☐ BREW COFFEE OR TEA FOR A CALM START TO THE DAY
- ☐ TRY A NEW FRUIT OR VEGETABLE
- ☐ BOOST ENERGY WITH A YOGA FLOW

Day 5:

- ☐ GET FOCUSED BY LIGHTING A CANDLE IN THE AM
- ☐ MEAL PREP SOME HEALTHY MEALS
- ☐ TRY 15 PUSHUPS BETWEEN CALLS

Day 6:

- ☐ UNPLUG FROM ALL TECH FOR AT LEAST 1 HOUR
- ☐ WAKE UP 15 MINUTES EARLIER THAN NORMAL
- ☐ MOVE FOR AT LEAST 10 MINUTES

Day 7:

- ☐ DO A PUZZLE
- ☐ PRACTICE MINDFUL EATING DURING LUNCH
- ☐ JOG IN PLACE FOR 1 MINUTE

Day 8:

- ☐ SHARE A PHOTO OF A PET OR FAMILY MEMBER WITH CO-WORKERS
- ☐ EAT A VEGGIE AT EVERY MEAL
- ☐ STAND AT LEAST 1 MINUTE OF EVERY HOUR

Day 9:

- ☐ TRY A NEW HEALTHY RECIPE
- ☐ DO 15 MOUNTAIN CLIMBERS
- ☐ TAKE A 5-MINUTE BREAK AND GO OUTSIDE

Day 10:

- ☐ COMMIT TO EATING 5 SERVINGS OF FRUITS & VEGGIES
- ☐ WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR
- ☐ DO GENTLE STRETCHES AT YOUR DESK EVERY HOUR

Day 11:

- ☐ SHARE A PHOTO OF YOUR HEALTHY LUNCH
- ☐ FIND A HOMEMADE HUMMUS RECIPE
- ☐ FIND AN ACCOUNTABILITY BUDDY

Day 12:

- ☐ HOLD A 30-SECOND PLANK FIRST THING IN THE AM
- ☐ IDENTIFY THE "WHY" BEHIND YOUR GOALS
- ☐ KEEP A WATER BOTTLE WITH YOU & REFILL IT ALL DAY

Day 13:

- ☐ MAKE A SMOOTHIE WITH LOTS OF VEGGIES
- ☐ PLAN YOUR WORKOUTS FOR THE WEEK AHEAD
- ☐ WORK WITH CLASSICAL MUSIC IN THE BACKGROUND

Day 14:

- ☐ FIND A NEW MINDFULNESS PRACTICE
- ☐ PUT ON SOME MUSIC AND SING AND DANCE
- ☐ CLEAN OUT A CLOSET OR MESSY DRAWER

Day 15:

- ☐ WAKE UP EARLY & KNOCK 1 ITEM OFF YOUR TO-DO LIST
- ☐ FIND A FUN WAY TO SHARE LOVE WITH SOMEONE
- ☐ DOWNLOAD A NEW BOOK

Day 16:

- ☐ PERFORM A RANDOM ACT OF KINDNESS
- ☐ CALL A FAMILY MEMBER JUST TO SAY HELLO
- ☐ REVIEW YOUR FINANCES

Day 17:

- ☐ CUT 1 OR 2 SWEET TREATS OUT TODAY
- ☐ WIND DOWN FOR BED WITH A GOOD BOOK
- ☐ PRACTICE 20 MINUTES OF YOGA

Day 18:

- ☐ PICK UP A NEW HOBBY
- ☐ TEACH SOMEONE YOU LOVE SOMETHING NEW
- ☐ ADD FLAVOR TO YOUR WATER WITH LEMON

Day 19:

- ☐ SET A DAILY INTENTION
- ☐ DRINK 8 GLASSES OF WATER
- ☐ TAKE 5 DEEP BREATHS EVERY HOUR

Day 20:

- ☐ BRING A SMILE TO SOMEONE WITH A JOKE
- ☐ CUT OUT SODA & SUGARY DRINKS TODAY
- ☐ DO 15 BODYWEIGHT SQUATS

Day 21:

- ☐ PLAN OUT TODAY'S SNACKS IN ADVANCE
- ☐ WRITE A THANK-YOU CARD TO SOMEONE
- ☐ SLEEP IN WITH NO ALARM CLOCK

Day 22:

- ☐ TELL YOURSELF SOMETHING YOU ADMIRE ABOUT YOU
- ☐ SCHEDULE A CHAT WITH A MENTOR OR COACH
- ☐ DONATE \$5 TO A CHARITY YOU ADMIRE

Day 23:

- ☐ FIT IN A WALK BREAK
- ☐ SEEK OUT A NEW SALAD RECIPE FOR DINNER
- ☐ BE AWARE OF AND CORRECT YOUR POSTURE

Day 24:

- ☐ PUT YOURSELF FIRST TODAY
- ☐ TRY A FULL-BODY STRENGTH WORKOUT
- ☐ SIGN UP FOR AN EDUCATIONAL WEBINAR

Day 25:

- ☐ DO SQUATS DURING A WORK CALL
- ☐ AVOID SOCIAL MEDIA ALL DAY
- ☐ TRACK YOUR FOOD INTAKE & REVIEW

Day 26:

- ☐ BAKE SOMETHING FROM SCRATCH
- ☐ CHECK IN WITH YOUR ACCOUNTABILITY BUDDY
- ☐ SKIP THE TAKEOUT & COOK AT HOME

Day 27:

- ☐ SET A NEW GOAL WITH A PRIZE AT THE END
- ☐ ENJOY A TRUE REST DAY
- ☐ VENMO A FRIEND \$5 FOR COFFEE ON YOU

Day 28:

- ☐ PUT YOUR PHONE AWAY 30 MINUTES BEFORE BED
- ☐ INTENTIONALLY WARM UP & COOL DOWN DURING EXERCISE ROUTINE
- ☐ ENJOY A SWEET TREAT!

Day 29:

- ☐ TAKE A BIKE RIDE
- ☐ WRITE DOWN A NEW GOAL
- ☐ COMPLETE 5-10 BURPEES

Day 30:

- ☐ WATCH A DOCUMENTARY
- ☐ CLEAN UP YOUR WORKSPACE
- ☐ PINPOINT 1-2 WAYS TO ADD BALANCE TO YOUR LIFE

PRINT IT TO STAY ON TRACK OR SHARE IT WITH LOVED ONES!