this month's goals:

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"Never give up on a dream because of the time it will take

to accomplish it.

The time will pass anyway.

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EARL NIGHTENGALE

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			NEW YEAR'S DAY		2		3		4		5		6
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		DALLYCHALLENGE	MAKE GOALS Write down three goals you'd like to achieve by the end of this month.	DALIYCHALLENGE	♦ HYDRATE Set a goal of only drinking water today. No coffee, sodas, or adult beverages!	DALLYCHALLENGE	REST WELL Get good sleep tonight by turning off all screens 30 minutes before bedtime.	DALLYCHALLENGE	Schedule your workouts. Write them in a calendar like any other appointment.	DALYCHALLENGE	READING TIME Carve out a half hour to curl up with a good book today.	DALLYCHALLENGE	Happy Bean Day! Skip the meat in dinner and have a bean-based dish.
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LANICI CITACLEMAE	An hour of dancing can burn 400 calories! Crank up the tunes and dance away.	DAILY CHALIBNGE	FIVE ALIVE Make sure you get at least five servings of vegetables today. Even more is even better!	DAILY CHALLENGE	SKIP THE SODA Replace two non-water drinks in your day with glasses of water.	DAILY CHALLENGE	It's National Take the Stairs Day! Celebrate by skipping elevators all day.	DAILY CHALLENGE	♦ HYDRATE Set a goal of only drinking water today. No coffee, sodas, or adult beverages!	DAILY CHALLENGE	TGIF! Plan something fun for your family this weekend. You deserve some fun!	DAILY CHALLENGE	● BE KIND Do a random act of kindnes today for a stranger. Feed a meter. Hold a door.
	14		15 MLK, JR. DAY		16		17		18		19		20
MARCH	00000000	WATER	00000000	WATER	00000000	WATER	00000000	WATER	00000000	WATER	00000000	WATER	0000000
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LWLT CHALLENGE	Do something wintery for your workout. Ski, sled, skate, or build a snowman!	DAUYCHALLBNGE	GIVE BACK Participate in the MLK Day of Service. Visit mlkday.gov for opportunities.	DALLYCHALLENGE	The month is halfway over. How are your goals going? Need to adjust anything?	DALLYCHALLBNGE	TREAT YO' SELF Read a magazine. Watch a movie. Do something just for you today! Enjoy!	DALLYCHALIBNGE	JUMPSTART Drink a glass of water as soon as you wakeup this morning	DALYCHALENGE	POP! POP! Airpop yourself some popcorn to celebrate National Popcorn Day. It's a healthy snack!	DALLYCHALLBNGE	GRATEFUL Take a moment today to write down 10 things you a thankful for and why.
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CAULT CHALLENGE	W HUG IT OUT It's National Hugging Day. Make sure to hug all the people you love the most today.	DAILY CHALLENGE	GO MEATLESS Happy Meatless Monday! Skip the meat in all your meals today.	DAILY CHALLENGE	Make today your hardest workout of the week. Really push yourself!	DAILY CHALLENGE	SPREAD LOVE It's National Compliment Day. Make sure you give out five compliments today.	DAILY CHALLENGE	♦ HYDRATE Set a goal of only drinking water today. No coffee, sodas, or adult beverages!	DAILY CHALLENGE	Y COOKIE FRIDAY You're awesome. Go have a cookie! No, really. Go get one. Enjoy it!	DAILY CHALLENGE	★ GET MOTIVAT Watch a health-focused documentary on Hulu or Netflix.
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ANIT CHALLENGE	LAST PUSH Just a few more days left to complete you goals! Really push yourself!	DAILY CHALLENGE	RAINBOW PLATE Try to eat a red, orange, yellow, green, blue, and purple fruit or veggie today.	DAILY CHALLENGE	CLASS ACT Find a group exercise dass to try out today. Step out of your comfort zone!	DAILY CHALLENGE	CONGRATS! How'd your month go? Start thinking about your goals for the next month.						



BY CASSIE JOHNSTON OF WHOLEFUL!



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Breakfasts	FROM	STORAGE	Shopping-List
Lunches			
RECIPE	FROM	STORAGE	
Snacks			
RECIPE	FROM	STORAGE	
Other			
RECIPE	FROM	STORAGE	