



# JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1 <i>Let's Celebrate!</i> <b>HAPPY NEW YEAR</b> Write down 5 things you want to accomplish this year <b>Hang them on your bathroom mirror</b>
2 <i>Meal PREP</i> Grill/bake 4 pieces (4-6 oz. each) of lean protein Roast 4 cups of your favorite vegetables Put them in a storage container for lunches this week.	3 <b>20-20-20 CHALLENGE</b> • 20 squats • 20 push ups • 20 crunches	4 <i>Today send a quick text to 3 people letting them know why you are thankful for them.</i>	5 Your life right now is a result of what you did a year ago. Your life a year from now will be a result of what you do right now. Act accordingly. <small>-INSTAGRAM - HERULIFTINGQUOTES</small>	6 Try a Yoga or Stretch class 	7 "People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily" Zig Ziglar 	8 <i>Self care isn't selfish</i> <b>Time to fill your cup up!</b> Do something today that makes you feel good.
9 <i>Meal PREP</i> Add 1 cup of ea. to storage baggies. Set them in the fridge to add to lunch or to grab for a quick snack! <b>Strawberries, blackberries, blueberries, carrots, cucumbers, bell peppers,</b>	10 Aim to drink 10-12 cups of water <i>Cheers!</i> 	11 Ask your co-workers to do a lunch time walk with you 	12 <b>20-20-20 CHALLENGE</b> • 20 lunges • 20 sec. plank • 20 burpees	13 <b>NOTHING IS IMPOSSIBLE. THE WORD ITSELF SAYS I'M POSSIBLE!</b> <small>KOBBEY HEPROORN</small>	14 <b>Tonight's dinner: Salad Bar!</b> Gather all your favorite toppings, don't forget the protein! Set them out like a salad bar, & watch what everyone creates for themselves.	15 <b>GAME ON</b> Get your family or friends together for a kickball game in the park <b>Don't forget water and healthy snacks!</b>
16 <i>Meal PREP</i> Make a list of 5 meals you want to cook for dinner this week. From that make a shopping list and grab those things from the store today!	17 <b>This weeks goal:</b> zzz 7-8 Hours of sleep a night. Follow the tips, see what works best for you!	18 <b>Bedtime tip:</b> zzz 1 hour before bedtime shut down all electronics. (TV, phone, computer/tablet)	19 <b>Bedtime tip:</b> zzz Play soothing sounds or try an eye mask	20 <b>Bedtime tip:</b> zzz Take a relaxing bath or shower before bed	21 <b>Bedtime tip:</b> zzz Tie up any loose ends from your week, make a plan for the weekend, and make a to-do list for next week. Feeling accomplished and prepared lowers anxiety	22 <b>20-20-20 CHALLENGE</b> • 20 high knees run • 20 heel raises • 20 supermans
23 <i>Meal PREP</i> Research a healthier version of your favorite dessert and try and make it!	24 <b>LOOKING GOOOD!</b> The way you feel about the way you look, affects how you present yourself, and can influence your mood! <b>Spend some extra time getting ready this morning.</b>	25 <b>20-20-20 CHALLENGE</b> • 20 lying leg lifts • 20 lying bridges • 20 push ups	26 <b>AVOID PRESSING SNOOZE</b> 	27 <b>Family walk after dinner</b> 	28 Your first month in the gym shouldn't be about putting on muscle. Your first month should be about one thing only: Building habits that form the foundation of your new lifestyle. 	29 <i>Rise and Shine!</i>  <b>let's get outside this morning</b> Even if it's to enjoy your morning coffee
30 <i>Meal PREP</i> <b>It's all about breakfast</b> make these breakfast sandwiches, put them in a storage bag, pull them out, and heat up for a quick healthy breakfast 1 egg, turkey sausage/bacon, whole wheat english muffin, light butter	31 <b>REMINDER FOR FEBRUARY</b>  <b>NEVER SKIP MONDAYS</b>	1 <b>GOAL Getters</b>	3 <b>Repeat this daily:</b> <b>This is going to be my best year yet!</b> <b>No one can stop me, but me.</b>	5		