



July 2022

SUN MON TUE WED THU FRI SAT

July

WORKOUT

3 SETS EACH

(2-4 days /week)

- High knee stationary walk or run x 30 seconds
- Hydrants x 12 each side
- Squats x 15 (with no weight) OR 12 (with weight)
- Renegade row x 12 each side
- Dumbbell side bends x 15 each side
- Bicycles x 20 each side

03
Try this fun & festive recipe for dessert tomorrow

Layer strawberries, blueberries, and mini marshmallows on a kabob stick



05
Tuesday
4 days until Saturday to make things happen

06
Today
REFLECT ON THIS
Are your efforts matching your expectations?

07
SHINE SHINE SHINE
You glow differently when your confidence is fueled by belief in yourself instead of the validation from others.

08
WARNING
DEHYDRATION IS A PRIMARY CONTRIBUTOR TO HEAT EXHAUSTION.
When working in the heat, drink 1 cup of water every 15–20 mins. This translates to 3–4 cups per hour.

09
PIZZA PARTY
FIRE UP THE GRILL!
Add your favorite toppings and cook on the grill for a crispy crust

10
Make a fruit salad to have today and through the week with lunch



11
What lasts won't come easy and what's easy doesn't always last.



13
Happy Hour
Either at home or at a studio, find a yoga class to attend after work

14
Take a moment out of your day to let your boss know how much you appreciate them

15
National Give Something Away Day
• Donate unused clothes or items
• Pass on a piece of jewelry or heirloom
• Donate your time or money

16
MOVIE
Ditch the heat and take in a movie during the day.
*Save your activity for later in the day when it's cooler

17
National Ice cream Day
Try a refreshing fruit sorbet



18
BENEFITS OF WATERMELON:
Watermelon is a tasty, thirst quenching fruit. It has a very high water content and provides vitamins and nutrients. Studies suggest that this sweet, red melon **may** even boost heart health, reduce muscle soreness, and decrease inflammation.

19
Dinner!
Lettuce wraps



20
WE CAN choose TO BE grateful, NO MATTER WHAT.
—DIETER F. UCHTDORF

21
Take your morning stretch outside!

22
Dinner
Build a healthy Charcuterie Board!

23
Plan a karaoke night with friends

24
RELAX

25
Be the reason why people believe in pure hearts, good vibes, and kind souls.

26
Make your favorite smoothie for breakfast



27
Surprise someone with a hand written letter and send it to them through the mail.



28
Add your favorite taco fixings to salad. Garnish with tortilla chips

29
Get your steps in before work this morning

30
RE-FOCUS
Obstacles are those frightful things that appear when you take your eyes off your goals

31
REMINDER:
Make a list of things you want to accomplish next month

