



# June 2022

SUN MON TUE WED THU FRI SAT

## June (2-4 days /week) WORKOUT

3 SETS EACH

- **Jumping Jacks** x 20
- **Single leg deadlift** x 12 each side
- **Squats** x 15 (with no weight) OR 12 (with weight)
- **Arnold press** x 12
- **Superman's** x 15
- **Crunches** x 20

01  **SUMMER IS ALMOST HERE!**  
Make a Summer Bucket List

 **SUMMER**

02 

03 **Replacement DAY**  
Replace complaining with **GRATITUDE**

04  **Make every minute count**

The American Heart Association recommends 150 min of moderate or 75 min of vigorous activity weekly.

Make a plan for the month of what you are going to do to get your minutes in



05  **Calling All Donut Lovers**  
It's National Donut Day!  
**Earn your Donuts!**  
Here are three simple ways:

- Walk outdoors for 30 minutes
- Complete the June Workout
- Spend one-hour doing the yard w or cleaning up around the house

06  **Sunrise is around 5:18am today. Get up and get a morning walk in before getting ready for work.**

07 **Replacement DAY**  
Replace insecurity with **CONFIDENCE**



08 **Random Act of Kindness**

- Pay for the order behind you
- Donate to a charity
- Do a small task for a co-worker
- Help someone load their car at the grocery store
- Bring home some flowers
- Prepare your spouses favorite meal
- Send a kind note

09  **CALORIES**

Keeping track of the calories you eat will help you stay committed to your weight goals without having to miss out on special events or the occasional summer treat!

10 **Family Dinner**  
Layer your favorite meat and veggies on skewers and grill them



11 Find a farmers market and buy some fresh fruits and vegetables



12 **REMINDER:**  
Make a list of things you need to get done this week  
**Check them off as you get them done!**



13 **HELLO MONDAY**  
Take a moment to share some positivity with your family before you leave for work today.

14 **Aim for 8,000 steps today**



15 Nothing will change your life more, now or in the future, than becoming consistent with healthy habits.  
That is good news because being consistent doesn't take any talent. Anyone can do that.  
Even you.

16 **Replacement DAY**  
Replace overthinking with **ACTION**



17 **Movie Night!**  
Grab some popcorn and flavored waters



18 **International Picnic Day!**  
Pack a picnic for Breakfast, lunch or dinner!



19 **HAPPY FATHER'S Day**



20 **Replacement DAY**  
Replace toxic friends with **MENTORS**



21 **1ST DAY OF Summer**



22 **Every Summer has Story**  
Start a journal about your summer

23 Ways to stay Hydrated **THAT DON'T INVOLVE WATER!**

- Eat fruits & veggies with a high water content
- Sugar free popsicles
- Decaffeinated iced tea
- Eat oatmeal for breakfast
- Have a smoothie for lunch/snack
- Drink more milk

24 Having good health requires that you let your body have time to slow down and **RELAX**



25 **BACKYARD CAMP OUT!**



26 **After Dinner Family walk**  
Walk to your closest store and pick up a treat to eat on the way back home.



27 Feel like you aren't seeing results? You just haven't been doing it long enough. Keep going! Besides, what is quitting gonna get you?

28 **What's for LUNCH**  
Simple Protein packed Bistro box



29 **Replacement DAY**  
Replace doubt with **BELIEF**



30 **It takes**  
4 weeks for you to notice a change in your body  
8 weeks for your friends to notice  
12 weeks for everyone else to notice  
**One day** for you to decide to work for that change

**GOAL Getter**  
**Personalize your goal**

Aiming for 150 min of weekly moderate activity can help overall well-being—improve sleep, lessen weight gain and reduce anxiety.