



January 2023

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<p>01 HAPPY new YEAR</p>	<p>02 <i>New Years</i> DECLARATION</p> <p>IN THIS NEXT SEASON OF MY LIFE I WILL BRING NEW LEVELS OF COURAGE, CONFIDENCE, AND CONSISTENCY. I WILL NOT LET FEAR HOLD ME BACK.</p> <p><i>I want this. I deserve this. I am determined to have it.</i></p>	<p>03 Set a monthly goal that is regularly attainable</p> <p>Short-term goals minimize procrastination and keep you motivated over time.</p>	<p>04 TIPS FOR THE NEW YEAR</p> <p>To improve your mood, exercise</p>	<p>05 HAVING HEALTHY KIDS, Starts with Healthy parents!</p> <p>The best way to help them find a healthy weight is to offer nutrient dense food and get them active. The best way to get them active, is to do it with them!</p>	<p>06 #TGIF</p> <p>Plan something fun with family and friends tonight!</p>	<p>07</p> <p>Be so busy in improving yourself that you have no time to criticize others.</p>
<p>08 SLOW COOKER MEAL PREP FOR THE WEEK</p> <p>Add to the slow cooker and cook for 4-6 hours</p> <ul style="list-style-type: none"> Chicken breast Minced garlic chopped onion Salt & Pepper <p>Optional: bell peppers, mushrooms</p>	<p>09 SLOW COOKER MEAL</p> <p>Using the prepped chicken</p> <p>SHREDDED CHICKEN TACOS</p>	<p>10 SLOW COOKER MEAL</p> <p>Using the prepped chicken</p> <p>CHICKEN SALAD</p>	<p>11 SLOW COOKER MEAL</p> <p>Using the prepped chicken</p> <p>CHICKEN ALFREDO</p>	<p>12 SLOW COOKER MEAL</p> <p>Using the prepped chicken</p> <p>CHICKEN AND BROCCOLI</p>	<p>13 SLOW COOKER MEAL</p> <p>Using the prepped chicken</p> <p>CHICKEN SALAD SANDWICH</p>	<p>14 TIPS FOR THE NEW YEAR</p> <p>To think more clearly, meditate</p>
<p>15</p> <p>Self confidence is a superpower. Once you start believing in yourself and quit overthinking, replaying failed scenarios and feeding self doubt, magic starts happening.</p>	<p>16 TIPS FOR THE NEW YEAR</p> <p>To understand the world, volunteer</p>	<p>17 Check in with a co-worker today. Ask them how they are doing.</p>	<p>18 <i>Today's Goal</i></p> <p>DRINK YOUR WATER</p> X 8	<p>19</p> <p>Be that person who roots for others. Who tells a stranger they look amazing and encourages others to believe in themselves and their dreams.</p>	<p>20 Dinner Plans?</p> <p>Tips for eating out:</p> <ol style="list-style-type: none"> 1. Make sure you workout to burn the extra calories you may eat at dinner. 2. Order water to drink and drink a full glass before your food comes. 3. Eat half your meal and take the other half home 	<p>21</p> <p>Try a yoga class with friends.</p> <p><i>Afterwards share a healthy meal!</i></p>
<p>22 Take some time for yourself today</p> <p><i>Remember: taking care of yourself, is taking care of others.</i></p> <p>me time</p>	<p>23 Good Morning Monday</p> <p>Let's fit in a morning walk!</p>	<p>24 Give someone a Compliment today!</p>	<p>25</p> <p>Regardless of age and any age related changes muscles respond no different to resistance training. Muscle age is dictated by muscle use.</p>	<p>26 Feeling stressed?</p> <p>Rub some lavender oil between your palms and take a couple deep breaths</p>	<p>27 TIPS FOR THE NEW YEAR</p> <p>To understand yourself, write.</p>	<p>28</p> <p>TAKE A DAY TRIP TO SEE NATURE AND ENJOY THE COLD WEATHER</p>
<p>29</p> <p>You can't change the people around you, but you can change the people around you.</p>	<p>30 NO FAST FOOD CHALLENGE</p> <p>Challenge yourself to skip the drive thru line this week</p>	<p>31 TIPS FOR THE NEW YEAR</p> <p>To learn faster, Have fun doing it.</p>	<p>January</p> <p>15 MIN EXPRESS WORKOUT</p> <p>(2-4 days /week)</p> <p>3 SETS EACH</p> <ul style="list-style-type: none"> • Squat x 12 • Push up x 12 • Arnold press x 12 • Plank jacks x 30 seconds <p>*Use weights or resistance bands when able</p>			