

# 2014 august

A healthy lifestyle is made up of a whole collection of small, daily decisions. The decision to drink water instead of soda may seem insignificant, but when spread out over a week, month or year, it adds up to a healthy, happy you! Print out this calendar and check in daily to see what little thing you can do to keep healthy and strong.

sun mon tue wed thu fri sat

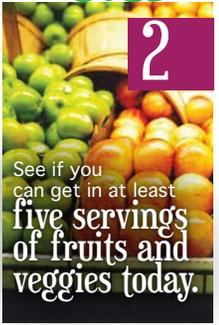
Blank space for writing goals for the month.

1

## First things first...

Make a list of goals you want to accomplish by the end of the month.

2



See if you can get in at least five servings of fruits and veggies today.

**3**  
**Forgive.**  
It's International Forgiveness Day. Is there someone in your life that you've been holding animosity toward that you can try to forgive? It's healthier for you and them!

**4**  
**5**  
Who says workouts have to be boring? Skip the treadmill and try to find a fun dance class this week. ZUMBA, ballroom, or hip-hop, it doesn't matter, just get dancin'!

**6**  
**Love your body.**  
We can be so hard on ourselves sometimes. Take a moment today and write down what you like about your body and why.

**7**  
**Go green.**  
Try to eat something green at every meal of the day. And no, green candy doesn't count!

**8**  
**take the stairs**  
Today, skip the elevator and instead. Studies show the risk of cardiovascular disease is lower among those who regularly climb stairs.

**9**  
**Start your day off right.**  
Be sure you get in a healthy and balanced breakfast today. Try to focus on lean protein and healthy fats, which will help you feel full all morning long.

**10**  
**make a menu**  
Take some time today for the rest of the week.

**11**  
**Go hard.**  
Kick off your week right and make today your hardest workout of the week. Really push yourself!

**12**  
**Push it up.**  
Pushups work almost every muscle in the body. See how many pushups you can do today. Try to add one per day for the rest of the month.

**13**  
**Skip the meat**  
Meatless isn't just for Mondays anymore. and have a full day of vegetarian meals.

**14**  
**15**  
Make the most of your TV time this week and alternate doing squats, push-ups and crunches during each commercial break. Yes, even if you DVR your shows.

**16**  
**Makeover.**  
Have a favorite not-so-healthy recipe? Take some time today to remake it with healthy substitutions.

**17**  
**schedule your workouts**  
Today for the week. Go ahead and pencil them into your calendar like any other appointment.

**18**  
**Be kind.**  
Do a random act of kindness today for someone. You'll make their day and yours!

**19**  
**20**  
Make sure to focus on your hydration this week. Keep track of how much water you drink and try to get in at least 8-8 ounce glasses a day.

**21**  
**time out**  
Take some today just for you. Spend at least an hour reading a book, catching up on your favorite TV show or doing something else that makes you happy.

**22**  
**Rest.**  
Rest days are just as important as workout days. Take today off and let your body recoup.

**23**  
**Eat the rainbow.**  
Try to get in a fruit or vegetable in every color of the rainbow today—red, orange, yellow, green, blue and purple.

**24**  
Make sure to get in a workout or two before your gym is closed for the holiday!  
It's National Trail Mix Day! Enjoy this healthy snack today.  
**31**

**25**  
**Try tabata.**  
Short on time? Try out a tabata workout today. Go as hard as you can for 20 seconds, rest 10 seconds and repeat for four minutes. It's hardcore!

**26**  
**try out a magazine workout.**  
This week, Pick up the nearest fitness magazine and try one of the workouts.

**27**  
**Treat yo' self.**  
Read a magazine. Watch a movie. Have a cocktail. Do something just for you today! Enjoy!

**28**  
**dance it out.**  
Close the curtains, crank the music and A one hour dancing session can burn up to 400 calories and boost your mood.

**29**  
**30**  
Congrats! August is almost over, and you've made it a healthy month! Make sure to check in with your goals and see how you did. Start thinking about September's goals while you're at it!