

2014 september

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
	<p>1</p> <p>First up. Make a list of goals you want to accomplish by the end of the month.</p>	<p>2</p> <p>See if you can get in at least five servings of fruits and veggies today.</p>	<p>3</p> <p>Hump Day. You're halfway through the week. What changes can you make today to make the rest of the week healthier?</p>	<p>Go hard. Make today your hardest workout of the week! Push yourself! Tomorrow you can rest and recover.</p> <p>4</p>	<p>5</p> <p>It's Cheese Pizza Day! Try out this healthy four-cheese pizza to celebrate. bit.ly/YINYPV</p>	<p>Fight. Today is Fight Procrastination Day. Fight the good fight and make today a Super Productive Friday. Make a list and knock it out!</p> <p>6</p>
<p>7</p> <p>Schedule your workouts. Today if you're lacking some motivation, maybe watching a health focused documentary will help. Check out the Hulu for some good freebies.</p>	<p>8</p> <p>Get motivated. If you're lacking some motivation, maybe watching a health focused documentary will help. Check out the Hulu for some good freebies.</p>	<p>9</p> <p>10</p> <p>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.</p>	<p>11</p> <p>Hydrate. Start off your morning with 16 ounces of water as soon as you get out of bed. It kickstarts your metabolism!</p>	<p>12</p> <p>13</p> <p>Let's skip the meat this weekend! Try to make Friday-Sunday meat-free. Even better? Try getting in as many veggies as possible!</p>		
<p>14</p> <p>Treat yo' self. Read a magazine. Watch a movie. Have a cocktail. Do something just for you today! Enjoy!</p>	<p>15</p> <p>Be kind. Do a random act of kindness today! Leave a nice note, give someone your parking spot, send a friend flowers. You'll feel awesome afterward.</p>	<p>16</p> <p>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.</p>	<p>17</p> <p>18</p> <p>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'!</p>	<p>19</p> <p>Complaint Free. It's Complaint Free Friday! Turn that frown upside down. Anytime you feel yourself going negative, choose to focus on the positives instead. And no complaining!</p>	<p>20</p> <p>Prep. Use some of your freetime this weekend to prep food for the upcoming week. Slice veggies, boil eggs, make granola bars.</p>	
<p>21</p> <p>22</p> <p>Let's do push-ups this week! See how many you can do (with good form!) on Sunday. Then try to add one more a day for the rest of the week. Keep it going for the rest of the month, if you like!</p>	<p>23</p> <p>Happy first day of fall! Celebrate by taking a nice long walk and enjoying the season!</p>	<p>24</p> <p>Grateful. Take a moment today and write down 10 things you are grateful for and why.</p>	<p>25</p> <p>Rest. Rest days are just as important as workout days. Take today off and let your body recoup.</p>	<p>26</p> <p>dance it out. Close the curtains, crank the music and dance it out. A one hour dancing session can burn up to 400 calories and boost your mood.</p>	<p>27</p> <p>Go hard. Make today your hardest workout of the week! Push yourself! Tomorrow you can rest and recover.</p>	
<p>28</p> <p>Take some time today to make a menu for the rest of the week.</p>	<p>29</p> <p>30</p> <p>Congrats! You've made it through September!! Make sure to check in with your goals and see how you did. Start thinking about October goals while you're at it!</p>					