
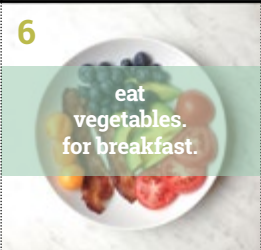

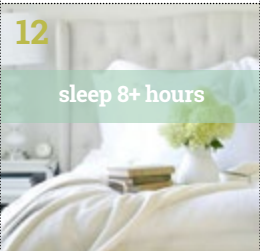
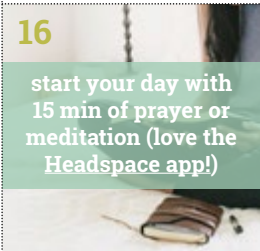
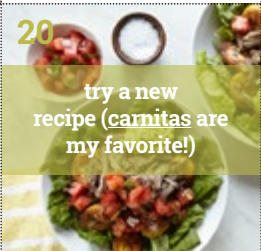




January Health Challenge

brought to you by 

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p>1 put lemon essential oil or slices in your glass of water to detox</p> 	<p>2 take the stairs instead of the elevator</p>	<p>3 reach out to a friend to catch up</p>	<p>4 do yoga (find free videos on my blog!)</p>	<p>5 do every single thing on your to-do list that takes less than 5 minutes right away!</p>	<p>6 eat vegetables for breakfast.</p> 	<p>7 change your negative thoughts to positive thoughts</p>
<p>8 drink 8+ cups of water</p> <p>○○○○ ○○○○</p>	<p>9 go on a long walk</p>	<p>10 make a green smoothie</p> 	<p>11 eat five+ servings of vegetables</p> <p>○○○○○</p>	<p>12 sleep 8+ hours</p> 	<p>13 eat a filling breakfast</p>	<p>14 no snacking- instead make sure each meal is filling</p>
<p>15 drink a cup of herbal tea before bed</p>	<p>16 start your day with 15 min of prayer or meditation (love the Headspace app!)</p> 	<p>17 stop all electronics (tv, phone, etc) two hours before bed</p>	<p>18 make a list of twenty things you're grateful for</p>	<p>19 exercise today! (try my fave: Sweat with Kayla app!)</p>	<p>20 try a new recipe (carnitas are my favorite!)</p> 	<p>21 get outside today!</p>
<p>22 complete that one thing that's been at the bottom of your to-do list</p>	<p>23 stop what you're doing and focus on your breath five times today</p>	<p>24 eat a salad for one of your meals (I love this Asian salad)</p> 	<p>25 minimize stress- try the waterfall yoga position: lay on the floor with your feet up a wall</p>	<p>26 take a bath with epsom salts and essential oils</p>	<p>27 silence your cell phone overnight</p>	<p>28 pamper yourself! do a face mask or other fun spa treatment at home!</p>
<p>29 try a new superfood: (kale, chia, gogi berries, matcha, mangosteen)</p> 	<p>30 Get an app that monitors your sleep (like Sleep Cycle)</p>	<p>31 stop all electronics (tv, phone, etc) two hours before bed</p>				