

"Ease Into 2022" 30 Day Challenge

On January 1st, perform the simple task listed and check the box. On each day that follows perform the task listed PLUS the tasks from the previous days. Even if you are already in the habit of doing these tasks, tracking will help ensure that by the end of the month, you are doing them EVERY day. These baby steps will help you create important health habits and give you a great start to the New Year!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Drink 4+ cups of water a day <input type="checkbox"/>
2 Take a 5+ minute walk outside each day (skip only if raining!) <input type="checkbox"/>	3 Eat 1+ serving of vegetable each day <input type="checkbox"/>	4 Meditate 1+ minute each day <input type="checkbox"/>	5 Go to bed with enough time for at least 6 hours of sleep <input type="checkbox"/>	6 Perform 5 Squats and a 15 second plank <input type="checkbox"/>	7 Eat 1 fruit a day <input type="checkbox"/>	8 Increase water to 5+ cups a day <input type="checkbox"/>
9 Increase walk outside to 10+ minutes (skip only if raining!) <input type="checkbox"/>	10 Increase vegetables to 2+ servings a day <input type="checkbox"/>	11 Increase meditation to 2+ minutes each day <input type="checkbox"/>	12 Go to bed with enough time for at least 6.5 hours of sleep <input type="checkbox"/>	13 Increase squats to 8 reps and plank to 20 seconds <input type="checkbox"/>	14 Spend 5+ minutes a day learning about fitness/nutrition (book, video, etc) <input type="checkbox"/>	15 Increase water to 6+ cups a day <input type="checkbox"/>
16 Increase walk outside to 15+ minutes (skip only if raining!) <input type="checkbox"/>	17 Increase vegetables to 3+ servings a day <input type="checkbox"/>	18 Increase meditation to 3+ minutes each day <input type="checkbox"/>	19 Go to bed with enough time for at least 7 hours of sleep <input type="checkbox"/>	20 Increase squats to 10 reps and plank to 25 seconds <input type="checkbox"/>	21 Increase fruit to 2 each day <input type="checkbox"/>	22 Increase water to 7 cups a day <input type="checkbox"/>
23 Increase walk outside to 20+ minutes (skip only if raining!) <input type="checkbox"/>	24 Continue to eat 3+ servings of vegetables a day, but include one dark leafy green. <input type="checkbox"/>	25 Increase meditation to 4+ minutes each day <input type="checkbox"/>	26 Go to bed with enough time for at least 7.5 hours of sleep <input type="checkbox"/>	27 Increase squats to 12 reps and plank to 30 seconds <input type="checkbox"/>	28 Spend 5+ minutes a day learning about fitness/nutrition (book, video, etc) <input type="checkbox"/>	29 Increase water to 8 cups a day <input type="checkbox"/>
30 Increase walk outside to 25+ minutes (skip only if raining!) <input type="checkbox"/>	31 PAT YOURSELF ON THE BACK! <input type="checkbox"/>	<p>Congratulations! If you completed the challenge you have successfully established several super healthy habits! Don't quit now that the month has ended. Continue with these practices as many days of the week as you can. If you are ready to take it to the next level, register for the 8 Weeks to Wellness Challenge starting 1/31!</p> <p>Post your completed sheet and tag Core Fitness Inc. or email a picture of your completed sheet to corefitnessinfo@comcast.net to be entered to win a \$50.00 Core Fitness gift certificate!</p>				