

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<ul style="list-style-type: none"> <li>Snack better with popcorn or rice cakes instead of cheese puffs or chips :)</li> </ul>	<ul style="list-style-type: none"> <li>Sprinkle nuts or seeds on salads instead of cheese.</li> </ul>	<ul style="list-style-type: none"> <li>Plan your meals for the next day or week</li> </ul>
<ul style="list-style-type: none"> <li>Plan to drink at least 32 oz. of water each day this week!</li> </ul>	<ul style="list-style-type: none"> <li>Use olive or canola oil instead of vegetable oil</li> </ul>	<ul style="list-style-type: none"> <li>Bake or roast a main dish instead of frying</li> </ul>	<ul style="list-style-type: none"> <li>Add a whole fruit instead of a juice or fruit gummies</li> </ul>	<ul style="list-style-type: none"> <li>Try a new vegetable (okra, kale, swiss chard, brussel sprouts)</li> </ul>	<ul style="list-style-type: none"> <li>Drink a glass of water in place of a sugary beverage</li> </ul>	<ul style="list-style-type: none"> <li>Make a colorful plate (fruit, veg, dairy, protein, whole grain)</li> </ul>
<ul style="list-style-type: none"> <li>Plan to drink at least 48 oz. of water each day this week!</li> </ul>	<ul style="list-style-type: none"> <li>Eat dinner at a table (not in front of a screen)</li> </ul>	<ul style="list-style-type: none"> <li>Drink black coffee or add only a small amount of milk/cream (no sugar)</li> </ul>	<ul style="list-style-type: none"> <li>Eat a heart-healthy snack like walnuts, a smoothie or carrots</li> </ul>	<ul style="list-style-type: none"> <li>Try a new healthy recipe you found online</li> </ul>	<ul style="list-style-type: none"> <li>Cook a a meal instead of eating out</li> </ul>	<ul style="list-style-type: none"> <li>Drink water with added berries and/or slices of lemon or lime for added flavor</li> </ul>
<ul style="list-style-type: none"> <li>Plan to drink at least 64 oz. of water each day this week!</li> </ul>	<ul style="list-style-type: none"> <li>Bake or roast a main dish instead of frying</li> </ul>	<ul style="list-style-type: none"> <li>Choose to eliminate added sugars today</li> </ul>	<ul style="list-style-type: none"> <li>Try added herbs/spices instead of salt (turmeric, garlic, cayenne, cinnamon)</li> </ul>	<ul style="list-style-type: none"> <li>Try not to snack three hours before bedtime</li> </ul>	<ul style="list-style-type: none"> <li>Try eating only when you feel hungry</li> </ul>	<ul style="list-style-type: none"> <li>Eat dark chocolate (75%+) instead of white or milk chocolate</li> </ul>
<ul style="list-style-type: none"> <li>Eat a healthy breakfast e.g. cottage cheese/peaches; sprouted toast/almond butter</li> </ul>	<ul style="list-style-type: none"> <li>Add probiotics (kimchi, sauerkraut, kombucha, Greek yogurt, miso)</li> </ul>	<ul style="list-style-type: none"> <li>Use a smaller plate for dinner for a smaller serving size</li> </ul>	<ul style="list-style-type: none"> <li>Incorporate sliced veggies into your lunch or dinner</li> </ul>	<ul style="list-style-type: none"> <li>Add a serving of vegetables to at least one meal today</li> </ul>		

**DON'T FORGET!  
YOU GET 5 FREEBIE  
DAYS :)**

**Complete your monthly calendar + month-end survey  
to be entered to win 1 of 4 prize baskets! (\$50 value)  
Refer to [nwoesc.org/HealthyHabitsChallenge](http://nwoesc.org/HealthyHabitsChallenge) for more details.**

**NEXT MONTH: MENTAL HEALTH**