





























February

THRIVING TOGETHER

Heart +
Home

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						 Replace a sugary snack with fresh fruit or nuts
 Drink water infused with fresh lemon or cucumber	 Prepare a colorful plate with fruits and veggies	 Try a new plant-based recipe	 Share a healthy meal with a friend or family member	 Spend 10 minutes meal-prepping for the week	 Try a new herbal tea	 Have a device-free family dinner
 Snack on air-popped popcorn instead of chips	 Use a smaller plate for portion control	 Cook a homemade meal instead of ordering takeout	 Share a gratitude note with a coworker or friend	 Add leafy greens to one of your meals	 Drink a glass of water first thing in the morning	 Enjoy dark chocolate (70% or higher) as a treat
 Make a smoothie with fruits and veggies	 Replace soda with sparkling water or kombucha	 Organize your pantry or fridge for healthy choices	 Plan your meals for the week	 Add a new spice or herb to a recipe	 Prepare a healthy snack for your family or coworkers	 Try a new whole grain (e.g., quinoa, farro, bulgur)
 Create a colorful salad with at least three veggies	 Celebrate progress with a special healthy meal	 Enjoy a device-free evening to connect with loved ones	 Bake or grill instead of frying	 Choose water over juice with a meal	 Reflect on one positive change you've made this month	

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

Complete your monthly calendar + month-end survey
to be entered to win 1 of 4 Amazon Gift Cards! (\$50 value) Refer to
<https://www.nwoesc.org/thriving-together-challenge.aspx> for more details.

NEXT MONTH: MIND MATTERS