



FEBRUARY

HEALTHY HABITS

**NUTRITION +
HYDRATION**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Plan to drink at least 8 oz. of water each day this week!	Add a serving of vegetables to at least one meal today	Incorporate sliced veggies into your lunch or dinner	Snack better with popcorn or rice cakes instead of cheese puffs or chips :)	Use a smaller plate for dinner for a smaller serving size	Bake or roast a main dish instead of frying
Plan to drink at least 32 oz. of water each day this week!	Eat a heart-healthy snack like walnuts, a smoothie or carrots	Bake or roast a main dish instead of frying	Add a whole fruit instead of a juice or fruit gummies	Try a new vegetable (okra, kale, swiss chard, brussel sprouts)	Drink a glass of water in place of a sugary beverage	Make a colorful plate (fruit, veg, dairy, protein, whole grain)
Plan to drink at least 48 oz. of water each day this week!	Eat dinner at a table (not in front of a screen)	Use olive or canola oil instead of vegetable oil	Eat 3 meals at the dining table without phone/tv	Try a new, healthy recipe	Eat a healthy breakfast e.g. cottage cheese/peaches; sprouted toast/almond butter	Add probiotics (kimchi, sauerkraut, kombucha, Greek yogurt, miso)
Plan to drink at least 64 oz. of water each day this week!	Drink black coffee or add only a small amount of milk/cream (no sugar)	Choose to eliminate added sugars today	Try added herbs/spices instead of salt (turmeric, garlic, cayenne, cinnamon)	Try not to snack 3 hours before bedtime	Try only eating when you feel hungry	Eat dark chocolate (75%+) instead of white or milk chocolate
Plan your meals for the next day or week	Cook a a meal instead of eating out					

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

Complete your monthly calendar, and be entered to win 1 of 4 prize baskets given away each month! (\$50 value)

NEXT MONTH: MENTAL HEALTH