

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Volunteer one hour of your time to help someone else (ex. moving furniture, cooking, cleaning, etc.)

2

Practice being still for 5 minutes today (Try out some breathing exercises)

3

Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment

4

Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)

5

Try a new vegetable today or try a familiar vegetable in a new way

6

Take 5 minutes to do some flexibility exercises

7

Swap one sugar sweetened drink for water

8

Give 3 compliments today

9

Write down 5 blessings or things you are grateful for

10

Do 10 body-weight squats and 10 jumping jacks

11

Do some research to learn about a culture that is different than yours

12

Be aware of your feelings. Express them to people you trust

13

Reach out to someone you care about. Make a date to get together.

14

Be well at work—Set goals for your career and start taking steps to achieve them

15

Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same

16

Explore public events in your community and discover ways to get involved

17

Find a book to read, and read 1 chapter today

18

Forgive someone who has wronged you

19

Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)

20

Declutter, donate, and recycle things you don't need or use anymore

21

Find an opportunity to appreciate nature today

22

Nurture your spiritual wellness. Ask yourself what values, are most important to you

23

Do 10 pushups (or modified pushups) and 10 sit-ups today

24

Take a mental health break at work and go for a walk outside or in the hallways

25

Instead of watching a 30 min show tonight, listen to a 30-minute educational podcast or watch a Ted Talk

26

Get outside and soak up some vitamin D. Find a park or trail and take a walk

27

Make a budget for April. If needed, talk to a financial advisor to get started

28

Have a plant-based meal today

29

Schedule any doctors visits, exams, or check ups that you have been putting off

30

Bring a homemade lunch to work today rather than buying fast food

31

Have dinner with your family, friend, or neighbor with no smart devices.