

The start of a new year is good time to prioritize your Wellness journey. Here are a few ideas to help you get started. (See the priority for each week at the bottom of the calendar.)



January 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 <i>Happy New Year!</i>	2	3
4 Establish a sleep routine you can stick with.	5 Turn off tech 2-hours before bedtime.	6 Set an alarm that signals wind down time.	7 Create a bedtime playlist.	8 Lower the lights and the temperature.	9 Add a simple relaxation exercise before bed.	10 Write down reminders for the next day.
11 Reduce couch time.	12 Schedule time for exercise in 10-15 minute intervals.	13 Incorporate stretching.	14 Don't use elevators.	15 Dance.	16 Park far away from entrances.	17 Use a fitness tracker.
18 Try meatless Monday.	19 Curate a collection of green juice recipes.	20 Find a healthy alternative to a favorite snack.	21 Skip the drive-through.	22 Drink infused water instead of high-sugar drinks.	23 Add veggies or greens to every meal.	24 Eat with intention. Avoid mindless snacking.
25 This week, include a variety of tips into each day.	26 REMEMBER...	27 Wellness	28 Is	29 A	30 Lifestyle.	31 And you're a priority!

FOCUS:

Week One

This week's priority is rest. Prioritize good sleep hygiene for productive days.

Week Two

This week, the priority is movement. Add some exercise into your routine on most days of the week.

Week Three

Food is the focus this week. Eat cleaner and feel better. Add more of what is good for you. Try healthier alternatives. You've got this!