

31 Days of Y you matter

January 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Reflect: Write down 5 goals you'd like to accomplish by the end of 2022!
2 Sunday Fun Day: Spend 1 hour doing something that makes your happy!	3 Motivation Monday: Wake up 15 minutes earlier to get a head start on the day!	4 Tasty Tuesday: Cook a dinner with at least one side of vegetables!	5 Workout Wednesday: Try out a new fitness class!	6 Thirsty Thursday: Substitute all drinks with water for the day!	7 Fit Friday: Get active for at least 30 minutes!	8 Saturday Stretch: Look up the benefits of stretching & try a few stretches!
9 Sunday Fun Day: Write down 3 things you're grateful for & why!	10 Motivation Monday: Read one article about fitness/nutrition!	11 Tasty Tuesday: Make a healthy breakfast to start your day strong!	12 Workout Wednesday: Switch up your workouts or try new equipment!	13 Thirsty Thursday: Substitute all drinks with water for the day!	14 Fit Friday: Get active for at least 40 minutes!	15 Saturday Stretch: Stretch for at least 20 minutes to stay loose for the weekend!
16 Sunday Fun Day: Write down 3 things you love about yourself!	17 Monday Motivation: Stock the household with healthy snacks!	18 Tasty Tuesday: Plan & cook enough food for two days!	19 Workout Wednesday: For every commercial of your show, stand up & walk/stretch!	20 Thirsty Thursday: Substitute all drinks with water for the day!	21 Fit Friday: Get active for at least 50 minutes today!	22 Saturday Stretch: Stretch for at least 30 minutes throughout the day!
23 Sunday Fun Day: Take a walk with a loved one!	24 Monday Motivation: Workout today & get 8 hours of sleep tonight!	25 Tasty Tuesday: Cook a dinner with a home made side salad!	26 Workout Wednesday: Focus on correcting your posture	27 Thirsty Thursday: Substitute all drinks with water for the day!	28 Fit Friday: Get active for at least an hour today! You can do it :)	29 Saturday Stretch: Make your bed & stretch for 20 minutes after!
30 Sunday Fun Day: End the month with your favorite workout!	31 Reflect: Reflect on the last month & how these changes impacted your lifestyle!					

