

MARCH 2022

S M T W T F S

		1 Commit to 10 minutes of outdoor time every day	2 Change up your exercises	3 Drink 8oz of water before coffee/tea this morning	4 How to navigate reading food labels	5 Enjoy lunch with a friend
6 Try sipping chamomile tea before bed	7 Commit to spending 2 evenings this week with no tech	8 Include Greek yogurt, sauerkraut, kefir or foods high in fiber in your diet	9 Makeover your pantry with these tips	10 Listen to a health/wellness podcast	11 Eat home cooked meals for the next 2 weeks	12 Plan a solo adventure for the day
13 Time "springs forward" today; make sure to rest!	14 Sip (water) while you sit	15 Have a craving? Take a walk instead	16 Take a daily "do not disturb" break	17 Store healthy snacks at the front of the fridge	18 Make sleep a priority, starting on World Sleep Day	19 Apply sunscreen every day; even on rainy days
20 Add fish to your meals 1-2 times this week	21 20th Annual National LGBTQ Health Awareness Week	22 Establish "no phone" zones	23 Ask others how you can serve them	24 Do an hourly posture check; bringing your shoulders back and down	25 Share a funny video	26 Face your alarm clock to the wall; limit artificial light while sleeping
27 Write out your tasks for the week	28 Recite affirmations to deal with negative thoughts	29 Write down your reasons for happiness	30 <i>Sparkle</i>	31 Be proud of yourself		

