2013 february

A healthy lifestyle is made up of a whole collection of small, daily decisions. The decision to drink water instead of soda may seem insignificant, but when spread out over a week, month or year, it adds up to a healthy, happy you! Print out this calendar and check in daily to see what little thing you can do to keep healthy and strong.

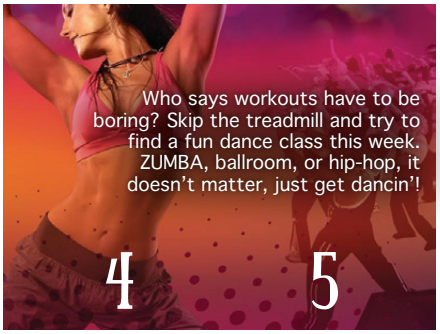
sun mon tue wed thu fri sat

GOALS

1
First things first...
Make a list of goals you want to accomplish by the 28th.

2
Declutter.
Happy Groundhog Day! Spring is right around the corner. Get an early start on spring cleaning and take a minute to declutter one spot in your house. You'll feel better!

3
Today schedule your workouts for the week. Go ahead and pencil them into your calendar like any other appointment.



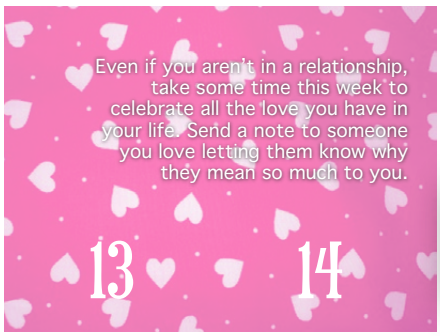
6
Love your body.
We can be so hard on ourselves sometimes. Take a moment today and write down what you like about your body and why.

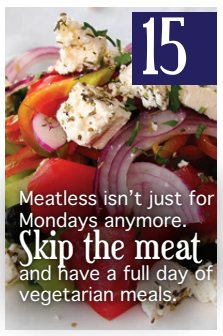
7
Go green.
Try to eat something green at every meal of the day. And no, green candy doesn't count!

8
Start your day off right.
Be sure you get in a healthy and balanced breakfast today. Try to focus on lean protein and healthy fats, which will help you feel full all morning long.

11
Go hard.
Kick off your week right and make today your hardest workout of the week. Really push yourself!

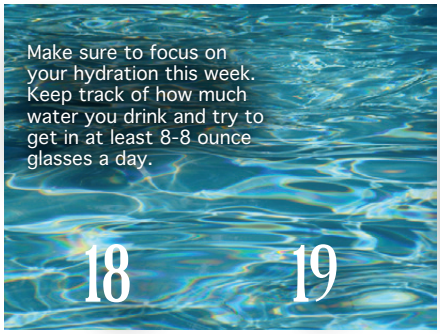
12
Push it up.
Pushups work almost every muscle in the body. See how many pushups you can do today. Try to add one per day for the rest of the month.





16
Makeover.
Have a favorite not-so-healthy recipe? Take some time today to remake it with healthy substitutions.

17
Be kind.
It's Random Acts of Kindness Day! Do something nice for someone today.

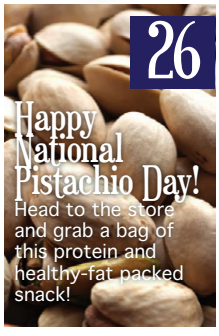


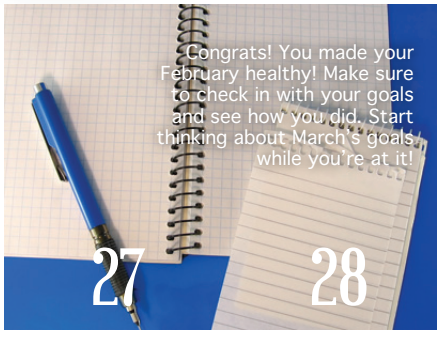
21
Rest.
Rest days are just as important as workout days. Take today off and let your body recoup.

22
Eat the rainbow.
Try to get in a fruit or vegetable in every color of the rainbow today—red, orange, yellow, green, blue and purple.

23
Go hard.
Make today your hardest workout of the week! Push yourself! Tomorrow you can rest and recover.

25
Try tabata.
Short on time? Try out a tabata workout today. Go as hard as you can for 20 seconds, rest 10 seconds and repeat for four minutes. It's hardcore!





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