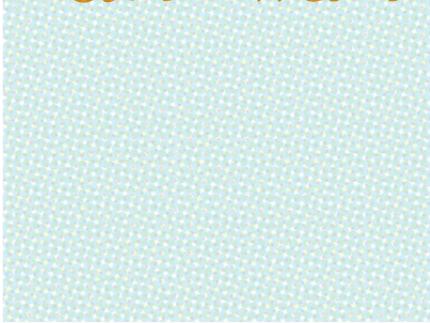


# 2014 july

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



**1**

**First up.**  
Make a list of goals you want to accomplish by the end of the month.

**Explore.**  
Skip the gym today and instead go exploring your area on foot. Go sans headphones and really observe the people, places and things around you.

**3**

See if you can get in at least **five servings of fruits and veggies today.**

**4**

**Enjoy!**  
Even if you aren't in the U.S. spend today enjoying your friends and family. Kick back, relax and have fun!

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

**5**

The holiday weekend is wrapping up, and chances are, you may have indulged a little. That's okay! Make a plan for cleaning up your diet for the week.

**6** **7**

**Take care.**  
Have you been talking care of yourself lately? Pamper yourself today—soak in a hot bath, read a novel, go for a walk. Your mental health is just as important as your physical.

**8**

Make the most of your TV time this week and alternate doing squats, push-ups and crunches during each commercial break. Yes, even if you DVR your shows.

**9** **10**

**11**

**Hydrate.**  
Start off your morning with 16 ounces of water as soon as you get out of bed. It kickstarts your metabolism!

**12**

**Happy Pecan Pie Day!**  
Celebrate the holiday with this smoothie.  
[bit.ly/1aUUJ2a](http://bit.ly/1aUUJ2a)

**13**

**Treat yo' self.**  
Read a magazine. Watch a movie. Have a cocktail. Do something just for you today! Enjoy!

**14**

Close the curtains, crank the music and **dance it out.** A one hour dancing session can burn up to 400 calories and boost your mood.

**Halfway!**  
The month is halfway over! Time for a goals check-in. How's it going? What do you need to change to complete them in the next 15 days?

**15**

For this week, focus on workplace fitness. Try to get up from your desk chair at least every hour to walk for 5 or more minutes.

**16** **17**

**Complaint Free.**  
It's Complaint Free Friday! Turn that frown upside down. Anytime you feel yourself going negative, choose to focus on the positives instead. And no complaining!

**18**

**19**

**Prep.**  
Use some of your freetime this weekend to prep food for the upcoming week. Slice veggies, boil eggs, make granola bars.

**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!

**20**

Let's do push-ups this week! See how many you can do (with good form!) on Monday. Then try to add one more a day for the rest of the week. Keep it going for the rest of the month, if you like!

**21** **22**

**23**

**Walk it out**  
today. Carve out an hour or so and go walk around and enjoy the great outdoors.

**Be kind.**  
Do a random act of kindness today! Leave a nice note, give someone your parking spot, send a friend flowers. You'll feel awesome afterward.

**24**

**25**

**Grateful.**  
Take a moment today and write down 10 things you are grateful for and why.

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

**26**

**27**

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

**28**

Take some time today to **make a menu** for the rest of the week.

**29**

**Top of the class.**  
Find a local exercise class today and join in. Your first class is free at a lot of places.

Congrats! You've made it through July!! Make sure to check in with your goals and see how you did. Start thinking about August's goals while you're at it!

**30** **31**

