

# 2014 june

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.

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## First up.

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

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## Schedule your workouts.

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

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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.

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## Get motivated.

If you're lacking some motivation, maybe watching a health focused documentary will help. Check out the Hulu for some good freebies.

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## Hydrate.

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

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## Enjoy National Donut Day

by trying out some of these baked donut recipes.

[bit.ly/AGVsO](http://bit.ly/AGVsO)

## Go hard.

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

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## 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.

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

## 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.

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Did you know that iron is one of the most common nutrient deficiencies? Try upping your intake of leafy greens, beans and lentils this week to make sure you get your iron in.

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## Prep.

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

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## Sugar free.

Try cutting out the sugar today. No sodas, no candies, and no cookies. Maybe you'll realize you don't need it after all.



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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!

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Today, skip the elevator and take the stairs instead. Studies show the risk of cardiovascular disease is lower among those who regularly climb stairs.

## Celebrate.

Time to start thinking about your next big birthday. What do you want to accomplish by the time you blow the candles out? How are you going to get there?

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## 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!

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## Go hard.

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

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## Try it out.

Try out a new (and maybe scary) food today. Frightened by tofu? Scared to try chia seeds? Afraid of tempeh? Conquer your fears!

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## Take some time out

today just for you. Spend at least an hour reading a book, catching up on your favorite TV show or doing something else that makes you happy.

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## 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.

## Make a new recipe.

Spice up boring olé Wednesday night and try a new dish for dinner tonight.

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Meatless isn't just for Mondays anymore. Skip the meat and have a full day of vegetarian meals.

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A healthy mind is just as important as a healthy body. Take some time to jump head-first into a new book or craft project. Heck, just try doodling or coloring!



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

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