

January 2025 – Healthy Habits

Start your New Year off by trying to create new healthy habits for yourself. This month check off each day that you try one of the suggestions for creating a new health habit.

Name: _____

Department: _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Set a non scale nutrition goal for the month	2 Increase the amount of water you drink today	3 Practice mindful eating	4 Start a food journal to become more mindful of what you eat
5 Plan out your meals for the week	6 Go for a 10 minute walk after meal time	7 Add more lean protein to a meal such as chicken breast, fish, tofu, etc.	8 Enjoy an in- season citrus fruit for snack	9 Avoid distractions while you eat today	10 Try a new vegetable	11 Add different herbs and spices to a meal
12 Listen to your body's hunger cues	13 Take a water bottle to work to stay hydrated	14 Make a healthy substitution to a recipe	15 Have a high protein snack	16 Go for a 10 minute walk after meal time	17 Try a gut healthy food such as Kombucha, Kimchi, Miso, Kefir, Greek Yogurt, etc.	18 Happy National Popcorn Day! Enjoy a popcorn treat!
19 Plan a meal with lean protein such as chicken breast, fish, tofu, etc.	20 Add your favorite vegetable to a new recipe	21 Go for a 10 minute walk after meal time	22 Be mindful of caffeine amounts consumed	23 Enjoy a colorful meal	24 Try to eat a variety of colorful foods	25 Enjoy a nourishing breakfast with protein
26 Try a gut healthy food such as Kombucha, Kimchi, Miso, Kefir, Greek Yogurt, etc.	27 Make a healthy substitution to a recipe	28 Practice mindful eating	29 Go for a 10 minute walk after meal time	30 Make a healthy substitution to a recipe	31 Appreciate the progress you made this month!	

Image credit: <https://www.naturemade.com/blogs/health-articles/how-to-eat-healthy>

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by February 7th.