

28 DAY CHALLENGE

'LOCKDOWN EDITION'

HEALTHY HABITS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Have one piece of fruit or a handful of berries as a snack today	5 Have a palm sized portion or 20-30g of protein with your dinner today.	6 Add a vegetable to your breakfast today	7 Go for a 15 minute fast paced walk outside
8 Do some batch cooking for the week	9 Go to bed 15 minutes earlier than usual	10 Get up as soon as your alarm goes off	11 Have 4 palm sized portions of protein today	12 Add a dark leafy green vegetable to your cooking	13 Walk up a flight of stairs	14 Go for a 20 minute fast paced walk outside
15 Spend 10 minutes planning your meals this week	16 Include a red vegetable in your cooking	17 Have one completely whole food meal today	18 Include a purple vegetable with your cooking	19 Have a palm sized portion or 20-30g of protein with your breakfast today	20 Drink a pint of water upon waking	21 Go for a 25 fast paced minute walk outside
22 Spend 10 minutes planning your exercise for the week	23 Eat your food slowly and stop when you're 80% full	24 Include a yellow or orange vegetable with your cooking	25 Have a palm sized portion or 20-30g of protein and 1-2 fists of veg with your lunch today	26 Drink a glass of water before each meal today.	27 Have an alcohol-free day today.	28 Go for a 30 minute fast paced walk outside.
29 Spend 10 minutes planning healthier snacks for the week	30 Have 4 thumb sized portions of healthy fats today	1 Set your goals for December and tell 3 people what you're going to achieve.				

