




December

Merry & Motivated Daily Challenge 2024



Notes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	1 Write down three things you're grateful for.	2 Take 10 minutes for deep breathing or meditation. 	3 Set a specific and achievable health goal for the month.	4 Complete a 20-minute bodyweight workout.	5 Drink at least 8 glasses of water throughout the day. 	6 Send someone a text telling them you are grateful for them	7 Go for a 20-minute brisk walk.
	8 Include a serving of vegetables in every meal. 	9 Prepare a healthy, homemade snack.	10 Move your body for at least 20 minutes: Your choice!	11 Practice a self-care activity you enjoy.	12 Spend 15 minutes reading or doing something you love.	13 Organize a virtual workout with a friend.	14 Dance to your favorite holiday song for 15 minutes. 
	15 Have a healthy potluck with friends or family, sharing nutritious recipes.	16 Do one of the Challenge workouts	17 Express gratitude to someone who has supported your wellness goals.	18 Take a relaxing bath or shower.	19 Practice mindful eating during one meal.	20 Use a smaller plate for your main meal to control portions.	21 Try a yoga or stretching routine before bedtime.
	22 Plan a healthy menu for a holiday gathering.	23 Take a 20-minute nature walk.	24 Practice mindfulness during holiday preparations.	25 Go for a fun family walk after a meal 	26 Express gratitude for the ways your body serves you.	27 Celebrate a health or fitness milestone. 	28 Share a health and fitness goal with a friend or family member.
	29 Move your body for at least 20 minutes	30 Set a wellness intention for the coming year.	31 Dance, toast with a healthy beverage, and welcome the new year with positivity and gratitude!	You did it!!!!	 		

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