



JANUARY HEALTH CHALLENGE

Family Edition!

SUN	MON	TUE	WED	THU	FRI	SAT
					Day 1 Swap one sweetened beverage for water or seltzer with a splash of juice.	Day 2 Write a card to someone to say thanks or share some love.
Day 3 Make a lunch packing station to prepare for the week.	Day 4 Do 10 minutes of yoga or light stretching.	Day 5 Try a new vegetable by letting your kids or family members pick it out.	Day 6 Try a new whole grain together.	Day 7 Make a plastic swap out. Example: Reusable straw or water bottle.	Day 8 Take a 10 min walk or visit your favorite neighborhood park.	Day 9 Have your kids pick out salad toppings to make healthy eating more fun.
Day 10 Have a dance party after dinner. Let everyone pick a song they love.	Day 11 Create make-ahead smoothie packs.	Day 12 Pick a new fruit to try.	Day 13 Bake a healthier treat with your family.	Day 14 Make your own trail mix. Have each family member pick one ingredient.	Day 15 Try a new-to-you healthy restaurant.	Day 16 Do 10-20 pushups in the morning together.
Day 17 Cook up a new soup recipe together. Bonus if it's veggie-packed.	Day 18 Get outside as a family. Go hike, bike, scooter-ride or walk.	Day 19 Make DIY-microwave popcorn for a movie night.	Day 20 Host a homemade pizza night.	Day 21 Do 20-50 jumping jacks during breaks.	Day 22 Rethink your vegetable scraps and plant them.	Day 23 Create a yogurt bar with different fruit toppings, granola and nuts.
Day 24 Play a board game or start a puzzle.	Day 25 Make chocolate-covered fruit. Try strawberries or frozen bananas.	Day 26 Eat breakfast together. Try build-your-own omelets.	Day 27 Share 3 things you're grateful for with your family.	Day 28 Do an active chore together. Vacuum, wash dishes or scrub bath tubs.	Day 29 Do 20-100 squats together.	Day 30 Eat dinner together as a family.
Day 31 Celebrate finishing the challenge!						