
















PRIORITIZING YOUR HEALTH DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  Don't Wait Putting off your goals until the new year only hurts your progress. Start working towards them today!	2 Stay on Budget The holiday season can put a strain on your finances. Plan a budget and make sure to follow it. Consider saving money with handmade gifts, thrifting, or by shopping sales!	3 Sometimes, the best way to make a big difference is adding up lots of small ones.	4 Coaching Webinar Today is our FREE coaching webinar: Personalizing Your Wellness Journey. There's still time to register! Sign up NOW and tune in at Noon CT today.	5  Plan Your Plate Fill half of your plate with fruits and vegetables. This helps make sure you're getting the essential nutrients your body needs.	6 Create a Routine Develop a routine that fits your lifestyle and preferences. This might include regular exercise, meal planning, and dedicated time for relaxation or hobbies.	7  Celebrate Small Wins Recognize and celebrate all accomplishments in your life, no matter how small. This keeps you motivated and positive!
8 Stay Consistent Consistency is key when it comes to your wellness journey. Find what works best for you and your schedule and stick with it!	9  Make a Plan Map out your dinner ideas at the beginning of the week so you have a plan when you head to the store.	10 Stay Hydrated The temps are cooler, but your water intake is still important! Carry a water bottle and fill it up throughout the day.	11  Walk it Out Having trouble reaching your daily step goal? Stand up from your desk every hour, take a lap around your office, or step outside for a quick walk and some fresh air.	12 You don't have to be perfect to be amazing. Take it day by day.	13 Enjoy the Journey Make wellness fun with activities you love, like dancing, hiking, cooking healthy meals, or meditating. Enjoying these activities makes your wellness journey more sustainable.	14 Wellness on the Weekend Stay committed to your health goals this weekend by aiming for 30 minutes of activity today.
15 When we nurture our mind, body, and soul, we are truly alive.	16 Live Well, Work Well Our monthly newsletter is here! Check it out today over on our blog.	17  Healthy Boundaries Healthy boundaries are necessary to protect you from feeling drained. Set boundaries around time, space, morals, and even social media.	18 Listen to Your Body Pay attention to your body's signals and adjust accordingly. Rest if you're tired or do a more intense workout if you're feeling energized. Your body knows what it needs!	19 Your 2025 Plan Registration is open for the 2025 coaching webinars! Find them all on our blog and save your seat for the year ahead.	20  Phone a Friend The holidays are a great time to reconnect with those in your lives. Call a friend and plan to meet up for coffee or lunch.	21 Shop Local Still looking for a last-minute gift? Shop locally this weekend and cross those items off your list!
22 Sharing is Caring There is no better way to recharge your batteries than to give to those around you. Drop a donation off at a local pantry or perform a random act of kindness this week.	23  Check Your Stress The holidays are full of joy, but it can also lead to additional stress. Make sure you're dealing with holiday stress in a healthy way with exercise or meditation.	24 Time to Unplug Take time this holiday season to disconnect from technology and connect with family and friends.	25 		27 Seek Support Surround yourself with supportive people like friends, family, or a health coach. They provide motivation and accountability for your wellness journey.	28  Stay Flexible Life is unpredictable, so stay flexible. Adjust your routine as needed to stay on track. Adaptability is key to a healthy lifestyle.
29  You Time Taking time for self-care can give you more confidence, creativity, emotional intelligence, and emotional stability. It can even help prevent burnout!	30 Set Goals Take some time to look ahead to 2025 and log your goals in your HealthCheck360 app. Writing down your goals can help you stick to them!	31  Happy New Year's Eve	 HealthCheck360  @HealthCheck360  @HealthCheck360			

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