












CREATING NEW HABITS
APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 HealthCheck360  @healthcheck360  @HealthCheck360	1 Create a Routine The start of the month is perfect for setting new healthy habits. Write them down and stick with them all month!	2 Coaching Webinar Join us today at Noon CT for our Coaching Webinar: Boost Your Energy Today	3 Set Clear Goals Define specific, achievable goals to help you stay focused this month and beyond.	 Express Gratitude Practicing gratitude can greatly improve your well-being. Start each day by reflecting on what you appreciate.	4 Time to Declutter A cluttered space can make you feel overwhelmed. Organize a closet and donate items you no longer need.
6 Fresh Air Get some fresh air this weekend by doing yard work or playing a game with your family or friends.	 7 Happy World Health Day!	8 Get Moving Even small amounts of physical activity can boost energy and reduce health issues. Add a walk or yoga to your day!	 9 Practice Mindfulness Dedicate 5-10 minutes a day to mindfulness to help with reducing stress, improved focus, and promote a sense of calm.	10 Reward Yourself Celebrate your successes, no matter how small. Treat yourself to something you enjoy when you reach a milestone.	11 We are what we repeatedly do. Excellence, then, is not an act, but a habit. – ARISTOTLE	12 Be Patient Building new habits takes time, so be patient and persistent with yourself!
13 Meal Prep Any easy way to make healthy choices is with meal prepping! Take time to plan your meals and snacks for the week.	14 Low Impact Walking, biking, and swimming are good low-impact exercises you can do to help prevent injuries.	15 Support System Share your goals with family and friends or join a community you're interested in for encouragement.	 16 April Newsletter The April Live Well, Work Well newsletter is on our blog! Check it out for healthy tips and a new recipe.	17 Keep Moving Get up and move with mini breaks every hour by stretching, standing, or walking. Sitting too long leads to slouching and poor posture.	18 Stress Management Stress can cause you to hold unwanted tension in your body. Check out our blog for tips on maintaining your stress levels.	19 The secret of your future is hidden in your daily routine. – MIKE MURDOCK
20 Prioritize Sleep Getting 7-9 hours of sleep every night can improve your mood and energy. Go to bed at the same time every night to hit this goal.	 21 Limit Screen Time Excessive screen time can affect your mental state. Limit screen time by picking up a book or going for a walk instead of scrolling.	 22	23 Stay Positive Do something today that makes you happy. Treat yourself to a coffee, try a new recipe, or listen to your favorite podcast.	24 Connection is Key Try to regularly connect with friends and family members, whether through in-person visits, phone calls, or video chats.	 25 Sneak in Steps Look for new ways to take extra steps like walking while you talk on the phone or taking your pet for a walk after work.	26 Whole Foods There are so many delicious recipes on the Healthy Living Blog. Find a new favorite to make today!
27 Success is the sum of small efforts, repeated day in and day out. – ROBERT COLLIER	28 Plan Ahead Register today for May's Coaching Webinar as Coach Shelby talks about navigating social media.	 29 Up Your Water Increase your water intake by carrying a reusable water bottle. Shoot to refill it a few times a day.	30 Goodbye April Before you start a new month, look back on all that you have accomplished. We are so proud of you!			

SHARE YOUR STORY & INSPIRE OTHERS

