

GOAL SETTING JANUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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Set a SMART Goal
Make your goals Specific, Measurable, Achievable, Relevant, and Time-bound. This framework helps you create clear and attainable goals.

Step It Up
Get in extra steps by taking a break and going for a 10-minute walk. Aim to get 6k steps every day this week. Hitting that goal? Bump it up to 10k!

Short and Long Term
Balance your goals by setting both short and long-term objectives. Short-term goals help you achieve quick wins. Long-term goals keep you focused on the bigger picture.

Setting goals is the first step in turning the invisible into the visible.



Mindful Monday
Take a moment to engage in activities that bring your attention to the present moment like deep breathing or meditation. Check out our blog for some tips!

Exercise Your Brain
After working out your body, it's time to exercise your mind. Grab a puzzle, dive into a book, or pick up an old instrument to boost your brain health.

The Power of Positive Thinking
Negativity can be hard to shake. Learn actionable tips to combat negative thoughts and experience the progressive benefits of positive thinking.

Embrace the gift of a new year, where wellness becomes your compass, guiding you towards a healthier and happier life.



Skip the Elevator
Today is National Take the Stairs Day! Get a little extra cardio in today by skipping the elevator.

Weekend Wellness
One way to improve your mental well-being is regular exercise. Don't skip out on the weekends! Stay on track with a walk with your family or friends.

Visualize Your Goals
Create a vision board or use visualization techniques to see your goals clearly. This helps you stay motivated and focused on what you want to achieve.

Build a Budget
Financial wellness is important for a balanced life. Staying on top of your budget can give you some wiggle room each week.



Taco Tuesday
Substitute the sour cream on your tacos, or in other recipes, for Greek yogurt for a healthier alternative.

The future belongs to those who believe in the beauty of their dreams.

Midway Check-In
How are your goals for January coming along? Adjust if necessary to finish out the month strong.



Newsletter
Our January Live Well, Work Well Newsletter is ready for you on our blog!

Join the Fun
Follow HealthCheck360 on social media for more daily inspiration and motivational tips.



National Popcorn Day
Pop some corn for a snack tonight. It's delicious and a great source of fiber!



Martin Luther King Jr. Day

Time to Hydrate
Replace that midday soda with a cold glass of water. For a bit of variety, add in some fruit, like a lemon, for some fresh flavor.



Show Gratitude
Do you have a coworker who has helped you out lately? Send them an email or note thanking them for their support.

Fresh Start
Take 5 minutes to organize your desk space and make a to-do list today to kick off a positive mindset for your workday.

Stay Connected
Nurturing positive connections can provide a sense of support. Take some time this month to connect with friends and family to foster healthy relationships.



Make It Count
What can you do today to make tomorrow better? Plan a healthy meal, pencil in your workouts, and drink your water.

Meal Prep
The best way to reach your goals is to plan. Take time today to plan your meals for the week.

Never Miss Monday
Take 30 minutes today to move your body! Go for a walk or hit play on your favorite workout routine.

The first step towards getting somewhere is to decide that you are not going to stay where you are.

Declutter Your Space
Extra clutter can cause unwanted stress. Take 10 minutes this week to declutter a closet or drawer in your home for a fresh start.

Stay Accountable
Share your goals with a friend, family member, or mentor who can hold you accountable. Regular check-ins can help keep you motivated and on track.

Celebrate Milestones
Acknowledge and celebrate your achievements along the way. Recognizing your progress boosts motivation and keeps you focused on your goals.

SHARE YOUR STORY & INSPIRE OTHERS

