



YOUR WEIGH TO WELLNESS
30 DAYS, 30 HEALTHY HABITS = 1 HEALTHIER YOU

June 2015

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|---|--|--|
| | 1 Health-ify Your Fridge | 2 Did You work- out Yesterday? Good, Do It | 3 Record What You Eat On The Loselt App. | 4 Get Healthy Snacks & Portion Them. | 5 Write Down Food Cravings. | 6 Track Your Vitamins & Minerals. |
| 7 Plan Your Meals For The Week. | 8 Spend 10 Minutes Stretching. | 9 Warm Up Before You Workout. | 10 Go For A Walk After Dinner Tonight. | 11 Go Vegetarian Today. | 12 Make Specific Fitness Goals. | 13 Go Paleo Today. |
| 14 Prep Your Meals For The Week. | 15 Take a Yoga Class. | 16 Go Vegan Today. | 17 Have A Green Smoothie Today. | 18 Cross Train or Interval Train. | 19 Start Your Day With Hot Lemon Tea. | 20 No Added Salt Day. |
| 21 Label Your Wa- ter Bottle with Hourly Goals. | 22 Wake Up Early To Exercise. | 23 Before Bed Make A To-Do List. | 24 Drink A Cup Of Water Before Each Meal. | 25 Spend Time Outside Today. | 26 Clean Some- thing Today (Big or Small) | 27 Put Away Tech- nology 30 Min- utes Before Bed. |
| 28 Do Something For Someone Else.. | 29 Set Out What You Need For Tomor- row Morning. | 30 Wrap Up & Reflect On The Past 30 Days. | | | | |