

One Healthy Step a Day Challenge

Each day of the week has a theme to take a step towards living a healthier life. Have fun and challenge yourself to choose health! Keep track of the healthy steps you take each day this week below!

Move More MONDAY

Stand up every hour, take a walk, stretch. Get up and move!

Turn in Early TUESDAY

Go to bed early or at a decent time to get 8 hours of sleep.

Water WEDNESDAY

Drink up! You should be ready for this one.

Thankful THURSDAY

Do something for someone your thankful for or write down what your thankful for.

Fruits and Veggies FRIDAY

Eat a variety of fruits and vegetables or try a new one.

Spice it up SATURDAY

Add some fresh herbs to your meals.

Set aside time SUNDAY

Do something for you today - even if it's just for 5 minutes.



Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	