

SUNDAY

1

Volunteer one hour of your time to help someone else (ex. moving furniture, cooking, cleaning, etc.)

8

Write down 5 blessings or things you are grateful for

15

Explore public events in your community and discover ways to get involved

22

Nurture your spiritual wellness. Ask yourself what values are most important to you

29

Have a plant-based meal today

MONDAY

2

Practice being still for 5 minutes today (Try out some breathing exercises)

9

Give 3 compliments today

16

Be a role model for those around you. Make healthy choices and encourage them to do the same

23

Do 10 pushups (or modified pushups) and 10 sit-ups today

30

Bring a homemade lunch to work today rather than buying fast food

TUESDAY

3

Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment

10

Do 10 body-weight squats and 10 jumping jacks

17

Find a book to read and read 1 chapter today

24

Take a mental health break at work and go for a walk outside or in the hallways

31

Schedule any doctors visits, exams, or check ups that you have been putting off

WEDNESDAY

4

Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)

11

Do some research to learn about a culture that is different than yours

18

Forgive someone who has wronged you

25

Instead of watching a 30 min show tonight, listen to a 30 min educational podcast or watch a Ted Talk

THURSDAY

5

Try a new vegetable today or try a familiar vegetable in a new way

12

Be aware of your feelings. Express them to people you trust

19

Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, etc.)

26

Get outside and soak up some vitamin D. Find a park or trail and take a walk

FRIDAY

6

Take 5 minutes to do some flexibility exercises

13

Be well at work - Set goals for your career and start taking steps to achieve them

20

Declutter, donate, and recycle things you don't need or use anymore

27

Make a budget for April. If needed, talk to a financial advisor to get started

SATURDAY

7

Swap one sugar sweetened drink for water

14

Reach out to someone you care about. Make a date to get together

21

Find an opportunity to appreciate nature today

28

Have dinner with your family, friend, or neighbor with no smart devices