<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
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<tr>
<td>Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment.</td>
<td>Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein).</td>
<td>Try a new vegetable today or try a familiar vegetable in a new way.</td>
<td>Take 5 minutes to do some flexibility exercises.</td>
<td>Swap one sugar sweetened drink for water.</td>
<td>Give 3 compliments today.</td>
<td>Write down 5 blessings or things you are grateful for.</td>
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<td>Do 10 body-weight squats and 10 jumping jacks.</td>
<td>Do some research to learn about a culture that is different than yours.</td>
<td>Be aware of your feelings. Express them to people you trust.</td>
<td>Reach out to someone you care about. Make a date to get together.</td>
<td>Be well at work - Set goals for your career and start taking steps to achieve them.</td>
<td>Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same.</td>
<td>Explore public events in your community and discover was to get involved.</td>
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<td>Find a book to read and read 1 chapter today.</td>
<td>Forgive someone who has wronged you.</td>
<td>Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.).</td>
<td>Declutter, donate, and recycle things you don’t need or use anymore.</td>
<td>Find an opportunity to appreciate nature today.</td>
<td>Nurture your spiritual wellness. Ask yourself what values are most important to you.</td>
<td>Do 10 pushups (or modified pushups) and 10 sit-ups today.</td>
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<td>Take a mental health break at work and go for a walk outside or in the hallways.</td>
<td>Instead of watching a 30 min show tonight, listen to a 30 min educational podcast or watch a Ted Talk.</td>
<td>Get outside and soak up some vitamin D. Find a park or trail and take a walk.</td>
<td>Make a budget for April. If needed, talk to a financial advisor to get started.</td>
<td>Have a plant-based meal today.</td>
<td>Schedule any doctors visits, exams, or check ups that you have been putting off.</td>
<td>Bring a homemade lunch to work today rather than buying fast food.</td>
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