

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**1**

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

**2**

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

**3**

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

**4**

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

**5**

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

**6**

Take 5 minutes to do some flexibility exercises

**7**

Swap one sugar sweetened drink for water

**8**

Give 3 compliments today

**9**

Write down 5 blessings or things you are grateful for

**10**

Do 10 body-weight squats and 10 jumping jacks

**11**

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

**12**

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

**13**

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

**14**

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

**15**

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

**16**

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

**17**

Find a book to read and read 1 chapter today

**18**

Forgive someone who has wronged you

**19**

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

**20**

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

**21**

Find an opportunity to appreciate nature today

**22**

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

**23**

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

**24**

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

**25**

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

**26**

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

**27**

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

**28**

Have a plant-based meal today

**29**

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

**30**

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

**31**

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