

PROFILE BY SANFORD'S 31 DAY

# HEALTHY HABITS CHALLENGE

Small changes can make a big difference - every little thing you do adds up. As we approach year's end, it's important to stay positive, maintain our focus and add some variety to our everyday life.

That's why we're motivating our members to mix it up a bit this month with our 31-day Healthy Habits Challenge! Use this calendar to help you add one extra little thing to your day each and every day in the month of December because every little thing counts!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> Get 6 - 8 hours of sleep	<b>2</b> Walk a flight of stairs twice in one day
<b>3</b> Make a Profile Spinach Chocolate Shake	<b>4</b> Clean Out Your Refrigerator	<b>5</b> Try out a nutritious recipe and bring to a holiday gathering	<b>6</b> Write down 3 things you are grateful for and tell us why	<b>7</b> Write down a personal wellness goal and carry it with you	<b>8</b> Choose a Profile Pasta recipe	<b>9</b> Write down a personal wellness goal and carry it with you
<b>10</b> Purchase a veggie you have never tried	<b>11</b> Find a way to walk for 5-10 minutes at work	<b>12</b> Drink an additional cup of water today	<b>13</b> If you aren't logging your food, try it today	<b>14</b> Plan holiday meals; identify parts of meals you want to be healthier	<b>15</b> Go to the grocery store and only shop the perimeter	<b>16</b> Invite a friend for a 20 minute walk
<b>17</b> Write a note of gratitude to someone you appreciate	<b>18</b> Read a nutrition label	<b>19</b> Try a new seasoning or type of fat with a protein source	<b>20</b> Turn off social media for the day	<b>21</b> Revisit your personal wellness goal	<b>22</b> Before your day starts, do 10 minutes of stretching	<b>23</b> How will you be accountable over the next week?
<b>24</b> 10 minute relaxation techniques	<b>25</b> Only eat while sitting down	<b>26</b> Play your favorite song and walk for the duration of it	<b>27</b> Call a friend you haven't seen for a while and reconnect	<b>28</b> Enjoy a mocktail	<b>29</b> Invite a friend to repeat any of these activities	<b>30</b> No eating while watching TV  10 minute silent reflection on 2017
						<b>31</b>

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