

SUN

MON

TUE

WED

THU

FRI

SAT

WEEK 1: Kick start your year to a better you - Probiotics and Supplements**1**

Buy a weekly container for your supplements

2

Research supplements and probiotics

3

Start your day with morning yoga

4

Try a new fermented food like kefir, kombucha, yogurt or kimchi for a boost of probiotics

5

Build strong bones with a Vitamin D supplement

6

Go for a 30-minute walk before work

7

Try a good source of Omega-3's like chia seeds, salmon or walnuts

WEEK 2: Curb your hunger - Fiber & Water**8**

Go grocery shopping with a list

9

Swap out white pasta for a whole-wheat variety

10

Drink an 8 oz. glass of water before each meal

11

Stretch before bed

12

Hydrate with flavor by trying a lemon, coconut or pomegranate water

13

Fill up with high fiber foods like whole grain breads, beans, vegetables and oats

14

Plan an active and fun day for yourself or with others

WEEK 3: Eat more plants!**15**

Create a meal plan for the week

16

Try a new fruit or vegetable

17

Have at least 1 serving of plants at each meal

18

Get your sweet fix with blueberries and peaches (frozen counts!)

19

Try a new exercise class

20

Try a fruit smoothie for breakfast

21

Do crunches or planks during commercial breaks

WEEK 4: Skip the drive-thru - Eat one more meal at home!**22**

Invite friends over for a healthy dinner at home

23

Recreate your favorite restaurant dish into a healthy meal

24

Celebrate Taco Tuesday with a colorful taco salad

25

Bring your lunch to work or school

26

Try a Kodiak Pancake On-The-Go for breakfast

27

Cook a family meal together at home

28

Do some resistance of strength training today

29**30****31**

#MktSt28Day