

# OCTOBER

**SUN**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**1**

Get enough vitamin D. As the days become shorter, natural light can lead to a lack of vitamin D. Try to get outside in the sunlight for 15 minutes per day

**2**

Take a brisk walk. Schedule a quick walk at lunchtime to get fresh air and a bit of exercise.

**3**

Limit your caffeine intake. Have one cup of coffee or tea instead of two. Drink herbal tea instead of caffeinated coffee and tea.

**4**

Plan to exercise today with a pet or a friend

**5**

Do a 60 second plank! Challenge yourself to hold it as long as possible for a bigger challenge.

**6**

Enjoy a dairy-free day!

**7**

Enjoy 3-4 cups of fruit and veggies today!

**8**

Take the stairs whenever possible.

**9**

Limit fruit juice to 100% real fruit juice with no added sugar

**10**

Go for a 30 bike ride or walk

**11**

Challenge yourself to do 10 burpees! Work your way up to 50 for an even bigger challenge. You are worth the effort.

**12**

Walk or jog 5k today! Find joy and gratitude in movement.

**13**

When doing errands, park further away from the store. Get those steps in!

**14**

Have a serving (1 cup) of fruit with breakfast today

**15**

Swap out dairy cheese for avocado or hummus today

**16**

Wear sunscreen when you go outside.

**17**

Do 5-10 sets of 10 jumping jacks. Push yourself to do more, you are worth the effort!

**18**

Turn on some upbeat music and have a dance party! Dance for 30 minutes or more.

**19**

Replace meat with beans today.

**20**

Stretch for 10 minutes this morning

**21**

Make 1/2 of all your meals veggies or fruits today.

**22**

Make sure you get 7-9 hours of quality sleep tonight

**23**

Challenge yourself to do 10 sit up's today. Work your way up to 100 sit up's for an even bigger challenge

**24**

Take a walk outside in nature for at least 20 minutes.

**25**

Drink a glass of water right after you wake up, it will improve your energy levels in the morning and stimulate metabolism.

**26**

Learn a new way to prepare vegetables. Eating healthy doesn't have to be boring!

**27**

Enjoy your favorite fruit for dessert today.

**28**

Instead of soda, try unsweetened tea or seltzer.

**29**

Stretch for 10 minutes this morning

**30**

Do a 60 second plank! Challenge yourself to hold it as long as possible for a bigger challenge.

**31**

Limit your consumption of Halloween candy! Enjoy up to 2 pieces of candy, and participate in other holiday activities.