



1% BETTER EVERY DAY



JANUARY LIST: GET STARTED

DAY 1 Plan your first week, focus on one healthy habit each day	DAY 2 Check off 1 healthy habit	DAY 3 Check off 1 healthy habit	DAY 4 Check off 1 healthy habit	DAY 5 Check off 1 healthy habit
DAY 6 Reflect on your successes this week	DAY 7 Plan your next week, add one more healthy habit each day	DAY 8 Check off 2 healthy habits	DAY 9 Check off 2 healthy habits	DAY 10 Check off 2 healthy habits
DAY 11 Check off 2 healthy habits	DAY 12 Check off 2 healthy habits	DAY 13 Reflect on your successes this week	DAY 14 Plan your next week, add one more healthy habit each day	DAY 15 Check off 3 healthy habits
DAY 16 Check off 3 healthy habits	DAY 17 Check off 3 healthy habits	DAY 18 Check off 3 healthy habits	DAY 19 Check off 3 healthy habits	DAY 20 Reflect on your successes this week
DAY 21 Plan your next week, add one more healthy habit each day	DAY 22 Check off 4 healthy habits	DAY 23 Check off 4 healthy habits	DAY 24 Check off 4 healthy habits	DAY 25 Check off 4 healthy habits
DAY 26 Check off 4 healthy habits	DAY 27 Reflect on your successes this week	DAY 28 Plan your next week, add one more healthy habit each day	DAY 29 Check off 5 healthy habits	DAY 30 + 31 Check off 5 healthy habits



1% BETTER EVERY DAY



FIND THE TIME, MAKE A SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES:



1% BETTER EVERY DAY



JANUARY TRACK YOUR PROGRESS EVERY DAY.

- ☒ Check off your healthy habits daily.
- ☒ Making small, healthy choices add up to big results!
- ☒ Remember habits do not change overnight.

1% BETTER LIST	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
MOVE FOR 30 MINUTES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
DRINK 64 OUNCES OF WATER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
EAT A HEALTHY BREAKFAST	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
EAT A HEALTHY LUNCH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
EAT A HEALTHY DINNER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
TAKE A MINDFUL MOMENT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
GET 8 HOURS OF SLEEP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31