



# JANUARY TO DO LIST: GET STARTED

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

<b>MOVE FOR 30 MINUTES</b>	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
<b>DRINK 64 OUNCES OF WATER</b>	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
<b>EAT A HEALTHY BREAKFAST</b>	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
<b>EAT A HEALTHY LUNCH</b>	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
<b>EAT A HEALTHY DINNER</b>	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
<b>TAKE A MINDFUL MOMENT</b>	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
<b>GET 8 HOURS OF SLEEP</b>	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