

January 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Drink eight glasses of water



MOVEMENT GOAL:

e.g. Walk 10,000 steps



MINDFULNESS GOAL:

e.g. Think of three things I'm grateful for

MON	TUES	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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06.12.23

February 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Eat five servings of veggies



MOVEMENT GOAL:

e.g. Learn yoga moves on YouTube



MINDFULNESS GOAL:

e.g. Meditate for at least five minutes

MON	TUES	WED	THURS	FRI	SAT	SUN
			1	2	3	4
			 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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March 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Don't eat any processed food



MOVEMENT GOAL:

e.g. Do 10 jumping jacks



MINDFULNESS GOAL:

e.g. Implement a device free hour

MON	TUES	WED	THURS	FRI	SAT	SUN
				1	2	3
				 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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06.12.23

April 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Avoid alcohol



MOVEMENT GOAL:

e.g. Do squats while brushing my teeth



MINDFULNESS GOAL:

e.g. Pick one thing I love about my body

MON	TUES	WED	THURS	FRI	SAT	SUN
1 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	2 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	6 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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22 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	23 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	24 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	25 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	26 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	27 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	28 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
29 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					

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May 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Don't consume added sugar



MOVEMENT GOAL:

e.g. Plank for one minute



MINDFULNESS GOAL:

e.g. Listen to a song without doing anything else

MON	TUES	WED	THURS	FRI	SAT	SUN
		1 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	2 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	8 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	9 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	11 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	12 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
13 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	14 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	15 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	16 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	17 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	18 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	19 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
20 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	21 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	22 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	23 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	24 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	25 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	26 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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06.12.23

june 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Eat slowly without watching TV



MOVEMENT GOAL:

e.g. Run on the spot for one minute



MINDFULNESS GOAL:

e.g. Pay someone else a compliment

MON	TUES	WED	THURS	FRI	SAT	SUN
					1	2
					<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3	4	5	6	7	8	9
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10	11	12	13	14	15	16
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17	18	19	20	21	22	23
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
24	25	26	27	28	29	30
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july 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Don't skip breakfast



MOVEMENT GOAL:

e.g. Take the stairs instead of the escalator



MINDFULNESS GOAL:

e.g. Smile at myself every time I look into the mirror

MON	TUES	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
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29	30	31				
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06.12.23

August 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Eat two servings of fruit



MOVEMENT GOAL:

e.g. Do 20 calf raises



MINDFULNESS GOAL:

e.g. Write out a list of goals for the day

MON	TUES	WED	THURS	FRI	SAT	SUN
			1	2	3	4
			 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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19	20	21	22	23	24	25
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26	27	28	29	30	31	
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06.12.23

September 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Eat one cup of wholegrains



MOVEMENT GOAL:

e.g. Do a one minute high knee run



MINDFULNESS GOAL:

e.g. Use the 4:7:8 breathing technique

MON	TUES	WED	THURS	FRI	SAT	SUN
30 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>						1 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	6 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	8 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
9 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	11 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	12 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	13 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	14 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	15 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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HOW I'LL
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06.12.23

October 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Add a healthy source of protein to each meal



MOVEMENT GOAL:

e.g. Ride the bike to work



MINDFULNESS GOAL:

e.g. Get outside for at least 10 minutes

MON	TUES	WED	THURS	FRI	SAT	SUN
	1	2	3	4	5	6
	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
7	8	9	10	11	12	13
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28	29	30	31			
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November 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Cut back on oils and fats when cooking



MOVEMENT GOAL:

e.g. Do 20 lunges



MINDFULNESS GOAL:

e.g. Look up a new joke and share it with someone

MON	TUES	WED	THURS	FRI	SAT	SUN
				1	2	3
				 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4	5	6	7	8	9	10
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18	19	20	21	22	23	24
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HOW I'LL REWARD MYSELF

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06.12.23

December 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Swap milky coffee for green tea



MOVEMENT GOAL:

e.g. Stretch for ten minutes



MINDFULNESS GOAL:

e.g. Find time to read a book

MON	TUES	WED	THURS	FRI	SAT	SUN
30 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	31 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>					1 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	6 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	7 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	8 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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