

# 31 Days to a Healthier Family

Little things add up to big things! Post this 31 day challenge calendar in a place where your family will see it and make a commitment to get healthier together.



As a  
Family...

	<b>Day 1</b> Drink a glass of water first thing in the morning.	<b>Day 2</b> Get in bed 20 minutes earlier than usual.	<b>Day 3</b> Prepare a vegetable in a new, healthy way.	<b>Day 4</b> Put away all electronic devices at meal time.	<b>Day 5</b> <b>Family Game Night:</b> Twister	<b>Day 6</b> Do 20 squats 20 jumping jacks 20 crunches
<b>Day 7</b> Meal plan your breakfasts for the week.	<b>Day 8</b> Go no-added-sugar today.	<b>Day 9</b> Go meatless for dinner.	<b>Day 10</b> Eat a new-to-you fruit.	<b>Day 11</b> Take a walk.	<b>Day 12</b> <b>Family Game Night:</b> Flashlight Tag	<b>Day 13</b> Get at least 7 hours of sleep tonight.
<b>Day 14</b> Meal plan your lunches for this week.	<b>Day 15</b> Have a plank contest to see who can hold it the longest.	<b>Day 16</b> Eat one extra serving of something green & leafy.	<b>Day 17</b> Have a high protein snack between meals.	<b>Day 18</b> Eat a new-to-you vegetable.	<b>Day 19</b> <b>Family Game Night:</b> Capture the Flag	<b>Day 20</b> Drink 64 oz. of water per person.
<b>Day 21</b> Meal plan your dinners for this week.	<b>Day 22</b> Do 10 lunges 10 pushups 10 burpees	<b>Day 23</b> Have the kids cook dinner.	<b>Day 24</b> Do yoga together (online video).	<b>Day 25</b> Turn off all electronic devices 1 hour before bedtime.	<b>Day 26</b> <b>Family Game Night:</b> Sports (basketball, soccer, tennis, etc.)	<b>Day 27</b> During TV commercial breaks, play some music and dance.
<b>Day 28</b> Meal plan your dinners for this week.	<b>Day 29</b> Make a healthy dessert.	<b>Day 30</b> <b>Family Game Night:</b> Kickball	<b>Day 31</b> Discuss your progress and repeat your favorite activity from this month!			

