

Week 3: Nov 4-10 BE	W	E	L	L
Make an effort to make most of your grains whole grain	Stand or walk for 5 minutes for every hour of sitting	Ease yourself into getting more sleep 5 mins at a time	Try a new health-conscious recipe	Put food away for leftovers right away so you're not tempted
Include protein in your breakfast	Slow down, and be mindful of your eating	Replace screen time with getting something done around the home	Made an effort to make someone else's day better (smile, compliment, etc.)	Made the time to be active, even if you didn't feel like it 😊
Make water the first thing you ingest in the morning, before anything else	Create a workout playlist	FREE SPACE	Write down 3 things you love about yourself	Switch up your exercise (new workout, different time of day, etc.)
Choose a healthy option when out to eat	Purposely take time for YOURSELF.	Your <u>own</u> healthy behavior:	Do an exercise for an entire commercial break (jumping jacks, squats, sit-ups, etc.)	Took an activity break at work (exercise, walk, stretch, etc.)
Get a coworker, friend, family member to start a healthy habit with you	Frequently wash your hands to avoid illness and the spreading of germs!	Make an effort to replace snacks & sweets with a healthy alternative	Add more vegetables to your diet this week	Do a 30 second plank 3 times in a day (or every day 😊)

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