



January Challenge: Reset for 2026

Name: _____

Happy New Year! Hitting the “reset button” provides a fresh start to break bad habits and build new ones. Complete 15 items on the list.

*Return your completed form by Friday, February 6th to earn your entry in the monthly drawing.

- _____ Go to dinner with a friend.
- _____ Go sweets-free today.
- _____ Pack a healthy lunch.
- _____ Complete a 30 second plank.
- _____ Drink 64 oz. of water.
- _____ Find 3 ways to save on groceries.
- _____ Start a coin jar.
- _____ Turn off your electronics 30 minutes before bed.
- _____ Eat your greens!
- _____ Ask for help.
- _____ Cancel subscriptions you don't use.
- _____ Eat 2 servings of fruit today.
- _____ Make a shopping list and avoid impulse buys.
- _____ Replace a negative thought with a positive one.
- _____ Read before bedtime.
- _____ Exchange a salad recipe with a friend.
- _____ Complete a 30 minute Yoga session.
- _____ Download a budget app.
- _____ Plan a home cooked meal rather than eating out or ordering take-out.
- _____ Eat a healthy snack.