Healthy Behaviors

Weigh yourself and write it down
Wake up early and participate in 20 minutes of physical activity
Listen to energizing music for 10 minutes
Participate in one of the Summer Olympic sports for 15 minutes
Spend 20 minutes in meditation/quiet reflection or write in a journal
Spend time outside and explore nature
Eat a variety of 5-7 fruits and vegetables today
Try something fun that will make you laugh
Put on sunscreen and wear sunglasses
Do a random act of kindness
Read one food label
Make water your beverage of choice today
Floss your teeth twice today
In bed lights off for 8 hours before alarm goes off
Write down everything you ate today
Start a new habit and end a bad habit