

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY 2018



	DAY	DATE	TODAY'S TO DO.	✓
WEEK 01	M	01	Instead of starting the year in the negative (e.g. lose 10 pounds, quit ___) set your goals in the positive: I will ____	
	T	02	At the end of the day, think of one small success you had. Bonus points if you write it down.	
	W	03	Take all your breaks at work today by physically leaving your desk.	
	T	04	What brings you joy? Make time for it today and at least weekly moving forward.	
	F	05	Book your workouts into your schedule. Treat them like an appointment! If you can't make it one day, reschedule for another day.	
	S	06	Turn off your devices 1 hour before bed to let your brain relax and produce melatonin.	
WEEK 02	S	07	Start a gratitude list/journal. Add one word or phrase every day for the rest of the month.	
	M	08	Share one of your goals with a friend to help you stay accountable. Check in with them weekly.	
	T	09	Drink more water this week: try making fruit and herb infusions to make it more enticing!	
	W	10	Tell three friends or family members one thing you really appreciate about them.	
	T	11	Minimize processed foods this weekend – look at the flyers for deals on produce and stock up tomorrow after work.	
	F	12	Embrace winter through fitness: skating, snowshoeing, skiing, etc.	
WEEK 03	S	13	Split your meal prep into 2 days if it feels like a long chore. Or, do it with a friend.	
	S	14	Take your rest days even if fitness is a major priority: you'll be less prone to injury.	
	M	15	Meal prep: double your dinner so that you're only cooking half of the nights in a week.	
	T	16	Balance your meals to feel full longer: ½ plate vegetables, ¼ grain, ¼ starch.	
	W	17	Take 10 minutes to yourself when you get home from work instead of rushing into the to-dos.	
	T	18	Are you still taking time everyday to reflect? Two minutes a day truly makes a difference.	
WEEK 04	F	19	If weather permits, go for a walk on your lunch break. If not, take the stairs more often today.	
	S	20	Meal prep: clean out and organize the pantry, then keep it stocked with healthy staples.	
	S	21	Decrease your negative self-talk – you are likely being too hard on yourself.	
	M	22	Swap legumes in for meat at one meal this week. Check our social media for ideas!	
	T	23	Turn into a tea person to increase hydration in winter. Or, counteract your coffee habit with an extra cup of water per 8 oz. of coffee.	
	W	24	Make sleep a priority: move bedtime 15-30 min earlier for a few days and see how you feel.	
WEEK 05	T	25	Improve sleep by doing 5-10 stretches before bed. Start at your neck and work your way down your body.	
	F	26	Put a yoga mat on the floor of your TV room to encourage stretching.	
	S	27	Meal prep: make your own dry soup mixes for a quick meal on a busy weekday.	
	S	28	Learn how to hygge on our blog and incorporate the concept for the rest of the winter season.	
M	29	Incorporate small fitness habits into daily life. Let's brainstorm on social media today!		
T	30	Schedule your time off this year. Taking vacation days helps you be more productive and stay healthy.		
W	31	Reflect on your goals, progress and behaviours this month. Did you notice any connections?		

Join the conversation! Post your reflections and progress with the hashtag #myvivaplan.

