



Stay Hydrated

Challenge

Week of \_\_\_\_\_

MON TUE WED THU FRI SAT SUN

Drink 8oz water after waking

Track water intake for the day

Replace sugary drink with water

Carry a reusable water bottle

Set three hydration reminders

Eat Better

Eat 1 fruit or vegetable with meals

Swap processed snack for a whole food

Choose whole grains 1x per day

Eat protein with each meal

Try one plant-based meal this week

Proportion Meals

Plate 1/2 Fruit/Veg.: 1/4 protein: 1/4 Grains

Swap processed snack for a whole food

Plan one balanced lunch

Check nutrition label on one item

Prepare a healthy snack the night before

Increase Activity

10-15 minute walk during break

Limit screen time by 30 minutes

5-10 minute stretch (after waking/before bed)

20/20/20 Rule

Daily body-weight exercise

Reduce Risks

Replace smoking

Practice 3-minute breathing exercise

Reduce or track alcohol consumption

Check blood pressure

Add anti-inflammatory food to diet