



Clinics Events 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Get ready for the warm weather. Organize your closet. Put away those chunky sweaters	2 Drink a glass of water before each meal today	3 Do 5 squats during all commercial breaks while watching your favorite tv program	4 Take a 60-second time out today to just breathe	5 Practice Mindfulness during one snack today. Focus on really tasting each bite of food	6 Take a lunch break today and walk 500 steps	7 Barre Class 8:30 AM Cardio Kickboxing/Core 9:30 AM
8 Happy Mother's Day! REST, you deserve it. Say something nice to any mothers you may know today	9 Make sure to take all your vitamins and supplements today	10 Turn off all electronics 30 min before bedtime today and really decompress	11 Pre-plan tomorrow's meals before bed tonight	12 Do ten wall push-ups at some point this afternoon. Feeling strong? Challenge yourself and make it one arm wall push-ups	13 Make a negative into a positive. Only I can's today	14 Get outside and move today. Are you hitting your 10,000 steps?? Let's get moving
15 Halfway there! Make a goal to follow this week and stick to it	16 Measure your foods. Are your portions in check?	17 Positive Self-Talk: Say 5 positive things about yourself today	18 Let's do a check-in. Are you on track with your weekly goal? It's not too late to get started	19 When you're out and about today park farther away from any building you go to	20 Pick one thing that will help to relieve any stress and then do it.	21 Boot Camp/ Core 8:30 AM Yoga 9:30 AM Weddings, Parties, Work Events! Oh My! How to navigate social eating while on a weight loss plan. 12pm
22 Get some yard work done. Burn those calories.	23 Group Meet: "Nutrition Health and Connection" 6:30-7:30pm	24 Let's get in a good workout today. How are you doing with your steps this week?	25 Make something different for dinner tonight. Spice it up!	26 Cooking Class: Quick Prep Lunch Ideas. 5:30pm	27 TGIF! You are worth it! Pick one non-food-related reward and have at it. You deserve it	28 Summer is right around the corner. Dust off and fire up that grill
29 Have some fun today	30 Memorial Day  ENJOY THE DAY!	31 Hooray! You made it. Did you hit your goal this month?				

