

B	W	E	L	L
Try a new healthy recipe for a meal.	Bring your lunch to work.	Get at least 7 hours of sleep on a weeknight.	Read a book or meditate instead of watch TV or surfing the web.	Listen to an inspiring seminar or podcast.
Eat at least 5 servings of fruit & vegetables each day.	Try a new exercise activity or one you have not done in a while.	Participate in a recycling program or spend time picking up trash along a road/park	Call someone you haven't talked to in over a year.	Take 10 minutes to stretch during the work day.
Walk or ride a bike somewhere that you normally drive.	Choose a healthier item than your usual choice at a restaurant.	Go for a walk or get exercise for 30 mins before the work day.	Go two whole days without pop coffee or energy drinks.	Stop eating a meal when you know you have had enough to eat - not when you feel full.
Go without fast food for 1 week.	Participate in charitable/community event.	Go a whole day without watching TV or surfing the web.	Park at the farthest away parking space at a store or work each day for a week.	Drink 64 oz (4 large glasses) of water each day.
Smile at everyone you meet for one day.	Exercise enough to sweat for 30 minutes 3 times in a week.	Walk with a co-worker on your lunch.	Get a "to go box" at a restaurant and fill it with food before you eat your meal.	Go for a walk after large meal.

B	W	E	L	L
Walk or ride a bike somewhere that you normally drive.	Choose a healthier item than your usual choice at a restaurant.	Take 10 minutes to stretch during the work day.	Call someone you haven't talked to in over a year.	Drink 64 oz (4 large glasses) of water each day.
Get a "to go box" at a restaurant and fill it with food before you eat your meal.	Stop eating a meal when you know you have had enough to eat - not when you feel full.	Go for a walk or get exercise for 30 mins before the work day.	Listen to an inspiring seminar or podcast.	Participate in charitable/community event.
Eat at least 5 servings of fruit & vegetables each day.	Get at least 7 hours of sleep on a weeknight.	Participate in a recycling program or spend time picking up trash along a road/park	Park at the farthest away parking space at a store or work each day for a week.	Try a new healthy recipe for a meal.
Go without fast food for 1 week.	Exercise enough to sweat for 30 minutes 3 times in a week.	Try a new exercise activity or one you have not done in a while.	Go a whole day without watching TV or surfing the web.	Read a book or meditate instead of watch TV or surfing the web.
Smile at everyone you meet for one day.	Walk with a co-worker on your lunch.	Go for a walk after large meal.	Bring your lunch to work.	Go two whole days without pop coffee or energy drinks.

B	W	E	L	L
Stop eating a meal when you know you have had enough to eat - not when you feel full.	Park at the farthest away parking space at a store or work each day for a week.	Exercise enough to sweat for 30 minutes 3 times in a week.	Get a "to go box" at a restaurant and fill it with food before you eat your meal.	Go a whole day without watching TV or surfing the web.
Drink 64 oz (4 large glasses) of water each day.	Go for a walk after large meal.	Eat at least 5 servings of fruit & vegetables each day.	Go for a walk or get exercise for 30 mins before the work day.	Try a new healthy recipe for a meal.
Go without fast food for 1 week.	Smile at everyone you meet for one day.	Participate in a recycling program or spend time picking up trash along a road/park	Choose a healthier item than your usual choice at a restaurant.	Try a new exercise activity or one you have not done in a while.
Walk or ride a bike somewhere that you normally drive.	Participate in charitable/community event.	Walk with a co-worker on your lunch.	Call someone you haven't talked to in over a year.	Bring your lunch to work.
Go two whole days without pop coffee or energy drinks.	Take 10 minutes to stretch during the work day.	Read a book or meditate instead of watch TV or surfing the web.	Get at least 7 hours of sleep on a weeknight.	Listen to an inspiring seminar or podcast.