

Try a new restaurant	10000 steps this week	Eat one piece of chocolate daily	Put down the salt shaker	Laugh out loud once a day
Ditch sugar guzzle water	Try a new fruit/vegetable	Park further away from the door	Be positive	Take the stairs
Watch a sunrise/sunset	Cook at home 3x	Go to the gym 3x	Go vegetarian for 5 meals	Take a walk
Have lunch outside	Perform a random act of kindness	Exercise a little each day	Meditate for a few minutes each day.	Create your own healthy challenge
Sub honey for sweeteners	Eat fruit for dessert	Write down three things you feel grateful for daily	Eat ice cream one day this week	Get up and move every hour for 5 mins

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