ag Endurance Interval Training	10k Steps in a Day	Cook a Healthy Meal	Stretch Sesh	Mindfulness Break
Complete BCBS Health Risk Assessment	ag Blue a Burn	Off-Site Workout	64oz of Water in a Day	Read a Book
Volunteer using #alliantgroupgivesback	ag Monday Meditation & Stretch	BONUS - Download alliantMOVES	Call a Distant Family Member/Close Friend	List out New Year's Resolutions
Listen to a Podcast	Take a Walk Outside	Make a Healthy Grocery Shopping List	December Home Deep Clean	MyFitnessPal - Daily Food Log
Daily Gratitude Journal	Choose a Healthy Snack	Post to Social #LivingYourBestLife @alliantgroup	ag Power Yoga for Strength	Complete a Puzzle

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