2021 TAKE FLIGHT CHALLENGE TEAMRWB.ORG

PRESENTED BY

TAKE FLIGHT HEALTHY HABITS

HEALTHY HABITS TRACK SPONOSRED BY

HEALTHY HABIT FLIGHT TRACKER

HEALTHY HABIT FOCUS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Ex: 10k steps																															
Ex: 9pm screen time cut-off																															

Looking for inspiration? Here are some recommendations for your Healthy Habit focus!

MOVEMENT

- 10k daily steps
- 20 minutes exercise
- Daily 30-minute walk
- Schedule rest days
- Weekly hikes
- 1 mile daily ruck

SLEEP

- Consistent sleep/wake time
- Cut off screen time 30-60 min
- Set a regular get-up time
- Reduce caffeine intake 6 hours before bed
- Prep sleep space *** declutter

MINDFULNESS

- 5-minute daily meditation
- 30-minute meditation
- Practice breathing
- Journal thoughts and feelings
- Schedule time to do something you like
- Schedule a break into your day
- Connect with a friend
- Daily gratitude practice
- Connect with nature

NUTRITION

- Try a new recipe
- Create a list of your eating habits
- Focus on eating meals slower
- Incorporating more veggies
- 8- 8oz glasses water per day (2 liters)
- Keep a food diary
- Make a grocery list
- Cut back calories in drinks