



**TAKE FLIGHT CHALLENGE**  
NATIONAL EVENT

# TAKE FLIGHT 2022 TRACKER

## HEALTHY HABIT FLIGHT TRACKER

HEALTH & WELLNESS 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																															
Running																															
Yoga																															
Functional Fitness																															
Nutrition																															
Healthy Habits																															

### MOVEMENT

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

### SLEEP

- Consistent sleep/wake time
- Cut off screen time 30-60 min
- Reading or other relaxing activity
- Set a regular get-up time
- Reduce caffeine intake 6 hours before bed
- Analyze and optimize your bedroom environment for things that may make your space more comfortable for sleep
- 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
- Plan/execute meal plan
- Cut back on sugar
- Cut back calories in drinks