

12 MONTHS PLAN TO A *Healthier You!*

JANUARY

START EACH DAY WITH HEALTHY BREAKFAST.

FEBRUARY

ADD SOME VEGGIES TO YOUR EVERY MEAL.

MARCH

HAVE HEALTHIER SNACKS BETWEEN MEALS.

APRIL

STOP DRINKING SUGARY STORE-BOUGHT DRINKS.

MAY

DRINK MORE PLAIN WATER DURING YOUR DAY.

JUNE

EAT MORE HOME COOKED MEALS AND AVOID PROCESSED FOODS.

JULY

STOP WITH CHEAT MEALS AND BINGING ON FAST-FOOD.

AUGUST

PRACTICE MINDFUL EATING. STOP EATING OUT OF BOREDOM.

SEPTEMBER

CUT DOWN ON ADDED SUGARS. EVEN A HEALTHIER ONES.

OCTOBER

MASTER A WEEKLY MEAL PLANING AND MEAL PREPING.

NOVEMBER

KEEP TRACK OF WHAT YOU EAT USING AN APP.

DECEMBER

GET A FAMILY MEMBER OR FRIEND ON BOARD WITH HEALTHY EATING.