

# BUCKSFIT 30-DAY CHALLENGE

presented by **Froedtert & MEDICAL COLLEGE of WISCONSIN**



## IMPROVE YOUR OVERALL WELL-BEING BY TAKING SIMPLE STEPS EACH DAY!

<p><b>DAY 1</b> Mix it up - try a new exercise today!</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 2</b> Avoid eating sweets today</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 3</b> Stretch</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 4</b> Call a loved one today!</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 5</b> Eat yogurt, broccoli or other foods rich in calcium</p> <p><input type="checkbox"/> COMPLETED</p>
<p><b>DAY 6</b> Get 7-8 hours of sleep</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 7</b> Thoughts are powerful - make yours positive</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 8</b> Cook a meal at home today</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 9</b> Go on a walk with your family</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 10</b> Reduce your screen time by at least 1 hour</p> <p><input type="checkbox"/> COMPLETED</p>
<p><b>DAY 11</b> Write down 3 things you are grateful for</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 12</b> Chew your food 10 times before swallowing</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 13</b> Drink more water - aim for 64 ounces</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 14</b> Prepare a healthy snack to have on hand</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 15</b> Go for an easy run or power walk today</p> <p><input type="checkbox"/> COMPLETED</p>
<p><b>DAY 16</b> Eat a mix of colorful fruits and veggies each day</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 17</b> Eat from a smaller plate than usual</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 18</b> Have a dance break</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 19</b> See the bright side of any situation</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 20</b> For every hour you sit, walk 3 minutes</p> <p><input type="checkbox"/> COMPLETED</p>
<p><b>DAY 21</b> If you drink alcohol, keep it moderate</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 22</b> Laugh multiple times today</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 23</b> Take 5-10 deep breaths</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 24</b> Avoid caffeine after 3pm</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 25</b> Read nutrition labels for serving size and calories</p> <p><input type="checkbox"/> COMPLETED</p>
<p><b>DAY 26</b> Eat the bulk of your calories by 4pm</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 27</b> Schedule your annual physical or remind a loved one to do so</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 28</b> Do sit-ups or lunges during TV and screen time</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 29</b> Do something you love today!</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 30</b> Challenge your brain - do a crossword or read for fun</p> <p><input type="checkbox"/> COMPLETED</p>