

# 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> Crank up the tunes and dance!</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 2</b> Stretch</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 3</b> Do an activity that makes you run/jump</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 4</b> Give yourself a hug</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 5</b> Write down 3 things for which you are grateful</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> Help your family cook a meal at home</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 9</b> Play some basketball</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 10</b> Limit your screen time to 2 hours at the most</p> <p><input type="checkbox"/> COMPLETED</p>
<p><b>DAY 11</b> Eat yogurt, broccoli or other foods rich in calcium</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> Choose water or lowfat milk instead of soda</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 14</b> Eat a healthy snack</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 15</b> Play an active game with your family</p> <p><input type="checkbox"/> COMPLETED</p>
<p><b>DAY 16</b> Pick a new fruit or veggie to try</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> See the bright side of any situation</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 19</b> Start an art project</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> Eat slowly - it takes 20 minutes for your brain to register that you are full</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 22</b> Take 5-10 deep breaths</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 23</b> Choose a new book to read</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 24</b> Brush your teeth at least twice per day</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 25</b> Do an activity that makes you skip</p> <p><input type="checkbox"/> COMPLETED</p>
<p><b>DAY 26</b> Avoid eating sweets today</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 27</b> Get moving by helping clean your house</p> <p><input type="checkbox"/> COMPLETED</p>	<p><b>DAY 28</b> Do 3 things today that will make you laugh</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>