

Healthy Habits



This LivEZ series focuses on how to create healthy habits in your life. Adopt one daily habit to make these next 30 days the healthiest!

Complete the calendar and reflection questions below. Submit your completed challenge via email to LivEZ@HealthEZ.com or fax 952-896-1261.

For any questions contact the LivEZ team at 800-948-8824.

Name: _____ Subscriber ID: _____

1. What was the hardest habit to work on and why?

2. What is a habit you will continue once the challenge is over?

Drink 8-10 glasses of water	Clean out your pantry	Take a risk	Take a stand up break every hour	Try a new healthy recipe
Get a good night rest	Take a 30 minute walk outside	Try a new exercise	Unfollow negativity on your social media feed	Track your nutrition for the day
Eat a fruit and vegetable with every meal	Complete something on your "to do" list	Treat yourself	Meal prep for the week	Express gratitude for someone
Start a new goal	Meditate for at least 15 minutes	Bring a workout buddy to the gym	Try a new fruit or vegetable	Have a healthy breakfast
Focus on portion control	Try a new activity	Reduce your caffeine intake	Focus on good posture	Take a social media break
Create a workout plan	Do something good for someone	Listen to an inspirational podcast	Work on breathing techniques for relaxation	Forget the elevator and take the stairs