

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 29	23 30	24	25	26	27	28

BACK UP MEALS

November

Challenge Checklist

NUTRITION GOAL:

I WILL EAT 3 CUPS OF VEGGIES/DAY BY:

1) _____

2) _____

EXERCISE GOAL:

I WILL EXERCISE EACH DAY AT _____ O'CLOCK. I

THRIVE WHEN I EXERCISE! MY BODY FEELS BETTER,
SPECIFICALLY _____. I ALSO NOTICED:
_____.

MENTAL HEALTH GOAL:

MY MORNING SOURCE OF POSITIVITY WILL BE:

_____.

MY EVENING SOURCE OF POSITIVITY WILL BE:

_____.

MY DECORATION/ORGANIZATION GOAL FOR MY HOME
THIS MONTH IS: _____.

ENVIRONMENTAL HEALTH GOAL:

MY WEEKLY GOAL CHECKS ARE SET AS A REMINDER
IN MY PHONE! THEY WILL BE AT: _____ ON
_____.

I WILL CREATE AN ENJOYABLE ATMOSPHERE BY:

_____.

SPIRITUAL HEALTH GOAL:

THE WAY I AM GOING TO GIVE BACK TO MY COMMUNITY
THIS MONTH:

_____.

SOCIAL HEALTH GOAL:

THE HOBBY THAT I CAN COMBINE WITH THE HOLIDAYS
THIS MONTH IS: _____.

INTELLECTUAL HEALTH GOAL:

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HEALTH HACK OF THE MONTH: ****SATISFYING****

What is it? James Clear outlines rules of habits in his book *Atomic Habits*. One of those is "make it satisfying".

How does it work? If we enjoy something, we're more likely to continue doing it. Exercise, veggies, hobbies, organization... you name it. The more we enjoy it, the more we'll stick with it!

How does it help? Many times, the mentality of "suck it up and do it" is applied to health- cutting out foods, exercising hard in the early mornings, etc. But, this is a sure way to make that habit come to a screeching halt after, at most, 3 weeks. If we ease into it, do it at a convenient time, pair it with things we enjoy, and find things we love about it, we'll stick with it for the long haul!