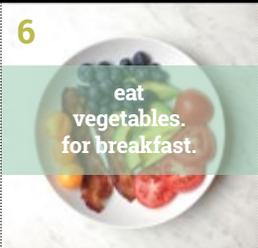


# January Health Challenge brought to you by *Olive You* WHOLE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p><b>1</b> put lemon essential oil or slices in your glass of water to detox</p> 	<p><b>2</b> take the stairs instead of the elevator</p>	<p><b>3</b> reach out to a friend to catch up</p>	<p><b>4</b> do yoga (find <a href="#">free videos</a> on my blog!)</p>	<p><b>5</b> do every single thing on your to-do list that takes less than 5 minutes right away!</p>	<p><b>6</b> eat vegetables for breakfast.</p> 	<p><b>7</b> change your negative thoughts to positive thoughts</p>
<p><b>8</b> drink 8+ cups of water</p> <p>○○○○ ○○○○</p>	<p><b>9</b> go on a long walk</p>	<p><b>10</b> make a green smoothie</p> 	<p><b>11</b> eat five+ servings of vegetables</p> <p>○○○○○</p>	<p><b>12</b> sleep 8+ hours</p> 	<p><b>13</b> eat a filling breakfast</p>	<p><b>14</b> no snacking- instead make sure each meal is filling</p>
<p><b>15</b> drink a cup of herbal tea before bed</p>	<p><b>16</b> start your day with 15 min of prayer or meditation (love the <a href="#">Headspace app!</a>)</p> 	<p><b>17</b> stop all electronics (tv, phone, etc) two hours before bed</p>	<p><b>18</b> make a list of twenty things you're grateful for</p>	<p><b>19</b> exercise today! (try my fave: Sweat with Kayla app!)</p>	<p><b>20</b> try a new recipe (carnitas are my favorite!)</p> 	<p><b>21</b> get outside today!</p>
<p><b>22</b> complete that one thing that's been at the bottom of your to-do list</p>	<p><b>23</b> stop what you're doing and focus on your breath five times today</p>	<p><b>24</b> eat a salad for one of your meals (I love this <a href="#">Asian salad</a>)</p> 	<p><b>25</b> minimize stress- try the waterfall yoga position: lay on the floor with your feet up a wall</p>	<p><b>26</b> take a bath with epsom salts and essential oils</p>	<p><b>27</b> silence your cell phone overnight</p>	<p><b>28</b> pamper yourself! do a face mask or other fun spa treatment at home!</p>
<p><b>29</b> try a new superfood: (kale, chia, gogi berries, matcha, mangosteen)</p> 	<p><b>30</b> Get an app that monitors your sleep (like <a href="#">Sleep Cycle</a>)</p>	<p><b>31</b> stop all electronics (tv, phone, etc) two hours before bed</p>				