

I Am Healthy 30 Day Challenge

Healthy habits can be intimidating, so take it one day at a time. Every small step brings you closer to your goals.

The I Am Healthy Challenge is about small, healthy behaviors that anyone can do. We've put together some easy ideas to get you started. Since wellness is a very individual thing, feel free to practice any of these behaviors whenever you want! Just be sure to share your progress with the hashtag #iamhealthy.



Day 1: Drink 8 glasses of water

Day 2: Try yoga

Day 3: Clean out a junk drawer

Day 4: Listen to your favorite album

Day 5: Make a healthy recipe

Day 6: Write a thank you note

Day 7: Streeetch

Day 8: Call a friend

Day 9: Meditate

Day 10: Take a walk

Day 11: Eat a hearty breakfast

Day 12: Get fresh air

Day 13: Eat berries

Day 14: Enlist a workout buddy

Day 15: Add more greens to your meal

Day 16: Eat a meatless meal

Day 17: Volunteer

Day 18: Read a good book

Day 19: Plan a weekly menu

Day 20: Reduce screen time (TV, computer)

Day 21: Stand instead of sitting at your desk

Day 22: Try a new veggie

Day 23: Sweat

Day 24: Cook at home

Day 25: Compliment a person

Day 26: Start your day grateful

Day 27: Drink a glass of water with every meal

Day 28: Pack a healthy afternoon snack

Day 29: Nosh on a little dark chocolate

Day 30: Set health goals for the next month

*What you think, you become. What you feel you attract.
What you imagine, you create.*