

# July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Stay on track this summer by writing your fitness and health goals down.	2 A good first step to a healthy summer is to stock up on healthy foods.	3 Manage your thoughts. Notice negative thoughts, challenge them, and turn them around.	4 Do 10 more minutes of activity today than you had planned to do.	5 Ask: Is what I am about to eat leading me towards my goal?
6 Plan to get the gym at least three times this week.	7 Today you have a fresh start to better health and fitness!	8 Circle the days this week that you are least likely to exercise. Make these days a priority.	9 The first bite or two of a dessert are the best. Savor them and you won't need any more.	10 It's the little things that make big things possible!	11 Can you stop eating when you are satisfied?	12 Remember to reward yourself for staying on track.
13 Try to break one bad habit today.	14 Do 15 more minutes of activity today than you had planned today. Consider this time a gift!	15 Avoid buying food on impulse. Stick to your plan when shopping or dining out.	16 Feeling stressed? Really tired? Eating won't help but exercise might.	17 Did you make a bad food choice today? Get back in track NOW!	18 Will someone in your life try to talk you into going off your plan this weekend? Practice saying "No"	19 Going shopping today? Before you begin, walk around the OUTside of the mall!
20 Make a to-do list of activities you have been putting off and start getting them done.	21 Did your weekend go as planned? Learn from your experience.	22 Which foods help you feel satisfied? Stock up on food that help you stay in great!	23 Be aware of exactly how much food is going in your mouth today.	24 During daylight, park as far away as possible for a little extra exercise.	25 Eating healthy is not a punishment. It is a gift you give yourself.	26 Slow down when you eat. Drink water between bites. Pride yourself on being the slowest at the table.
27 Busy today? Write down a time when you will take a break for 20 minutes of activity.	28 A good question to ask oneself before eating. What will this food get for	29 What is the hardest thing for you to do right now. Make an	30 Remember your a human being not a human doing. Focus not on doing, but being	31 Eat a new fruit today you find at the farmers market.		

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