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Challenge Yourself to a Healthier March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Cross out the shamrock for each day you complete the day's item. Complete 20 out of 31 items and email your calendar to bennett@co.grayson.tx.us to be entered into a drawing to win prizes! <i>*Feel free to replace a task with one of your own and log it in the Bonus Activity Box. Prizes will be awarded for most creative entry for the Bonus Activity.*</i></p>			<p>1 <i>Walking Wednesday-</i> Walk for 10 minutes and include a route with hills/incline</p> 	<p>2 <i>Bag it-</i> Bring a bag lunch instead of eating out</p> 	<p>3 Eat a YELLOW fruit or vegetable</p> 	<p>4 Exercise instead of watching TV</p> 
<p>5 Do 20-30 min of cardio</p> 	<p>6 <i>Meatless Monday:</i> Go vegetarian for the day</p> 	<p>7 Get up from your desk and stretch.</p> 	<p>8 <i>Water Wednesday:</i> Drink 64 ounces</p> 	<p>9 Cut out sugar for the day</p> 	<p>10 Eat a RED fruit or vegetable</p> 	<p>11 Clean out your pantry</p> 
<p>12 Plan an active day so you can get 10,000 steps</p> 	<p>13 <i>Meatless Monday:</i> Go vegetarian for the day</p> 	<p>14 Celebrate Pi Day by completing a Virtual 5K (www.pi5k.com)</p> 	<p>15 <i>Walking Wednesday:</i> Walk for 10 minutes and include lunges throughout</p> 	<p>16 Get energized- start your day with stretching</p> 	<p>17 Eat a GREEN fruit or vegetable</p> 	<p>18 Do 20 sit-ups, 10 push ups or stretch during commercial breaks while watching TV</p> 
<p>19 Give your immune system a boost- get extra antioxidants by drinking green tea</p> 	<p>20 <i>Meatless Monday:</i> Go vegetarian for the day</p> 	<p>21 Take a 15 minute walk before lunch and after dinner</p> 	<p>22 <i>Water Wednesday:</i> Drink 64 ounces</p> 	<p>23 Take a stress relieving break and get a massage from Tranquility Spa & Salon</p> 	<p>24 Eat an ORANGE fruit or vegetable</p> 	<p>25 Go to a fun event or place and walk around for at least 30 minutes</p> 
<p>26 Plan and prepare snacks for the week</p> 	<p>27 <i>Meatless Monday:</i> Go vegetarian for the day</p> 	<p>28 Laugh more & share a joke to spread the joy!</p> 	<p>29 Substitute an unhealthy snack with a piece of fruit</p> 	<p>30 Take the stairs instead of the elevator</p> 	<p>31 Eat at least 5 servings of vegetables</p> 	<p>* Bonus Activity*</p> 