

# March 2016 Monthly Challenge Options

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- Complete the 30 Day Health Challenge for the month of March 2016.

### 30 day Health Challenge

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1. Eat vegetables with every meal
  2. Try a different exercise (anything new to you)
  3. Eat meatless
  4. Write down everything you eat and drink- track your calories too
  5. Eat vegan (no dairy, eggs, meat, seafood)
  6. Drink at least 8 glasses of water
  7. Fast on fruit and vegetable juices all day- may have small dinner meal if desired
  8. Mental health day- start your morning and end your day with something inspiring- a favorite quote, book or a reading from the Bible.
  9. Bake something healthy and share with a friend or neighbor
  10. Do not buy any food or beverages today. Eat what you have at home
  11. Have a salad for dinner. Add protein, lots of veggies and even some fruit
  12. Run! Your goal. For me it will be 6 miles
  13. Exercise with a partner- join a running group, walk with a friend or coworker
  14. Try a new whole grain
  15. Find some new workout music
  16. Eat a healthy breakfast including 4 food groups
  17. Smile at everyone you pass
  18. Buy a new outfit or accessory that you love
  19. Make a healthy dessert
  20. Exercise outside your comfort zone
  21. Workout legs and butt
  22. Work on flexibility- take a yoga class or stretch
  23. Drink green tea instead of coffee
  24. Try a new fruit
  25. Clean or organize the house instead of watching TV or sitting on the computer
  26. Do some gardening, yard work or play outside with your kids (t-ball, soccer, chase)
  27. Go a day without sweets or any added sugar
  28. Make a homemade salad dressing to use for the week
  29. Have a health shake for breakfast- make sure to add one vegetable of choice
  30. Set 3 health or fitness goals to work on for the month of October
- Devote at least 30 minutes for "alone time" to yourself, at least 3X a week, for the month of March 2016.

  
**KEEP  
CALM  
AND  
TIME TO  
RELAX !!**

Please let me know if you have any questions or concerns regarding the challenges, the goal is for all to be successful!!!