

# March ~~Madness~~ Wellness

PUT YOUR BEST  
FORK FORWARD



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. Don't Skip Breakfast (even a piece of fruit counts)	2. Take 15 minutes to eat breakfast, lunch or dinner
	3. Cook a meal at home today!	4. Eat your meals off smaller plates or bowls	5. Eat a minimum of 2 veggies today	6. Eat one meal without any electronics	7. Drink 24 oz of H2O	8. Eat a un-processed breakfast (eggs, fruit, oatmeal)	9. Take 15 minutes to eat breakfast, lunch or dinner
Spouse/Partner	10. Find a new recipe you'd like to try	11. Are you bored and wanting to eat? Do some sort of activity before grabbing food!	12. Eat a minimum of 2 veggies today	13. Eat a whole grain (oatmeal, brown rice, quinoa)	14. Drink 24 oz of H2O <i>&amp; enjoy a slice of pie Happy Pi Day!</i>	15. Wait 5 minutes before giving into a craving. Ask yourself "what am I feeling?"	16. Take 15 minutes to eat breakfast, lunch or dinner
	17. Eat something GREEN <i>Happy St. Patrick's Day!</i>	19. NO SWEET'S DAY! (eat only natural sugars)	19. Eat a minimum of 2 veggies today	20. Eat a piece of fruit for a snack	21. Drink 24 oz of H2O	22. No sugary or carbonated drinks for the day (water is your friend)	23. Take 15 minutes to eat breakfast, lunch or dinner
Name:	24. Plan out your lunch for tomorrow	25. Analyze the look, smell and texture of your food	26. Eat a minimum of 2 veggies today	27. Eat a salad at one of your meals or as your meal	28. Drink 24 oz of H2O	29. Stop eating when you're full	30. Take 15 minutes to eat breakfast, lunch or dinner
	31. Choose 3 of the days to implement next month						