

30-DAY Holiday Challenge FOR FERTILITY HEALTH

WHO CAN PARTICIPATE?

Anyone is welcome to participate to keep the holidays healthy and merry.

WHEN?

December 1st - December 31st, 2023.

1. BE GRATEFUL

Have a 3-minute meditation session with a grateful heart and deep breathes.

2. EAT MINDFULLY

Eat a clean diet by limiting processed foods and sugary desserts to only a quarter of your portion.

3. MOVE YOUR BODY

Do a 30-minute of your favorite exercise - walking, running, cycling, yoga, HIIT, dancing, etc.

4. SLEEP SOUNDLY

Go to bed early to keep your 8 hours of sleep per night. Put your smart phone away from the bed.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>Daily Checklist</h1>					<input type="checkbox"/> Be Grateful 1 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly	<input type="checkbox"/> Be Grateful 2 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>Make a phone call to someone special to you</i>
					<input type="checkbox"/> Be Grateful 3 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>Take a walk to enjoy the holiday lights & decorations</i>	<input type="checkbox"/> Be Grateful 4 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly
<input type="checkbox"/> Be Grateful 10 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>Try a new healthy recipe</i>	<input type="checkbox"/> Be Grateful 11 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly	<input type="checkbox"/> Be Grateful 12 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>Enjoy a foot soak with your favorite essential oil</i>	<input type="checkbox"/> Be Grateful 13 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly	<input type="checkbox"/> Be Grateful 14 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly	<input type="checkbox"/> Be Grateful 15 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>No plastic bottles or containers today</i>	<input type="checkbox"/> Be Grateful 16 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>Send out holiday cards</i>
<input type="checkbox"/> Be Grateful 17 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>Try a new workout</i>	<input type="checkbox"/> Be Grateful 18 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>Compliment 10 people you meet today</i>	<input type="checkbox"/> Be Grateful 19 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly	<input type="checkbox"/> Be Grateful 20 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>Try a new hot soup</i>	<input type="checkbox"/> Be Grateful 21 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>Enjoy a foot soak with your favorite essential oil</i>	<input type="checkbox"/> Be Grateful 22 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly	<input type="checkbox"/> Be Grateful 23 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>If the sun is out, eat lunch outside today</i>
<input type="checkbox"/> Be Grateful 24 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>Play Holiday Music</i>	<input type="checkbox"/> Be Grateful 25 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>Enjoy the Day: RELAX</i>	<input type="checkbox"/> Be Grateful 26 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly	<input type="checkbox"/> Be Grateful 27 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>Enjoy a foot soak with your favorite essential oil</i>	<input type="checkbox"/> Be Grateful 28 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly	<input type="checkbox"/> Be Grateful 29 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>Write New Year's Resolution</i>	<input type="checkbox"/> Be Grateful 30 <input type="checkbox"/> Eat Mindfully <input type="checkbox"/> Move Your Body <input type="checkbox"/> Sleep Soundly <i>Declutter your closet</i>
You did it! 31 Congratulations on finishing the challenge! Take today to end 2023 with whatever your heart desires! YOU DESERVE IT! ✨	Happy New Year 2024 1  A new year gives you 365 new pages waiting to be written by you.	<p>IMPORTANT: Some days you will find it harder to reach your goal, but that is okay. Remember that none of us are perfect. So, let's continue to focus on the positive changes we can make each day.</p> <p>Let us know how you're doing! Tag us on Instagram @ReproductiveFertilityCenter_</p>				

