# BUCKS FIT 30-DAY CHALLENGE

**DAY 1**
Mix it up - try a new exercise today!
- COMPONETED

**DAY 6**
Get 7-8 hours of sleep
- COMPONETED

**DAY 11**
Write down 3 things you are grateful for
- COMPONENETED

**DAY 16**
Eat a mix of colorful fruits and veggies each day
- COMPONENETED

**DAY 21**
If you drink alcohol, keep it moderate
- COMPONETED

**DAY 26**
Eat the bulk of your calories by 4pm
- COMPONETED

**DAY 2**
Avoid eating sweets today
- COMPONENETED

**DAY 7**
Thoughts are powerful - make yours positive
- COMPONETED

**DAY 12**
Chew your food 10 times before swallowing
- COMPONETED

**DAY 17**
Eat from a smaller plate than usual
- COMPONETED

**DAY 21**
Laugh multiple times today
- COMPONETED

**DAY 26**
Schedule your annual physical or remind a loved one to do so
- COMPONETED

**DAY 3**
Stretch
- COMPONETED

**DAY 8**
Cook a meal at home today
- COMPONETED

**DAY 13**
Drink more water - aim for 64 ounces
- COMPONETED

**DAY 18**
Have a dance break
- COMPONETED

**DAY 22**
Take 5-10 deep breaths
- COMPONETED

**DAY 27**
Do sit-ups or lunges during TV and screen time
- COMPONETED

**DAY 4**
Call a loved one today!
- COMPONETED

**DAY 9**
Go on a walk with your family
- COMPONETED

**DAY 14**
Prepare a healthy snack to have on hand
- COMPONETED

**DAY 19**
See the bright side of any situation
- COMPONETED

**DAY 23**
Avoid caffeine after 3pm
- COMPONETED

**DAY 5**
Eat yogurt, broccoli or other foods rich in calcium
- COMPONETED

**DAY 10**
Reduce your screen time by at least 1 hour
- COMPONETED

**DAY 15**
Go for an easy run or power walk today
- COMPONETED

**DAY 20**
For every hour you sit, walk 3 minutes
- COMPONETED

**DAY 25**
Read nutrition labels for serving size and calories
- COMPONETED

**DAY 29**
Do something you love today!
- COMPONETED

**DAY 30**
Challenge your brain - do a crossword or read for fun
- COMPONETED