

HOT & HEALTHY LIFE'S 2019 KICK OFF

1st-Set a **workout goal** for January (Could be a # of workouts, skill to improve, etc)

2nd- **Eat** your veggies. 5 servings today. and go

3rd-. **Turn up** the music in your car to a level 10 and JAM OUT today.

4th- **Message** someone you haven't in awhile. Handwritten note, email, text, you choose. Reach out and let them know you're thinking of them.

5th-. **Say no.** You can do anything, but you can't do everything. Practice saying no to everything today that isn't a **FUCK YES.**

6th- What are you going to **eat for dinner** this week? Write it down. Make a grocery list.

7th- **STRETCHHHHH.** Spend 5 minutes stretching today. Desk yoga is an option if you're slammed at work.

8th- **Gratitude.** What are 5 things you're grateful for in your life right now? Write it down.

9th-. Put your workouts in your **calendar** for the next month.

10. Keep an eye on your **protein intake** today. Are you getting enough? Are there any specific meals you could improve on? Ask Heather for help/advice if you need it!

2019 KICK OFF

11th- Take a look at the H&H life Habit Tracker. Which **habit do you want to tackle** next week? Start today!

12th- What **gets in the way** of getting your workouts in? How could you overcome that obstacle?

13th- **Clean out a drawer.** Damn doesn't that feel good?

14th- Take 5 min to **plan your day** for tomorrow

15th- **Be the blessing.** How can you bless someone else today?

16th- **Challenge** a friend or partner to a workout. You can screenshot something from our group and share it with them.

17th- Make an **amazon wishlist** for any workout equipment you want to add to your collection this year.

18th-. Breakfast feeling a little lame? **Pin 3 new breakfast ideas** (bonus for make ahead options)

19th- **Connect with your partner.** Pick a night for a date, line up a sitter, plan something fun.

20th- What is a **Non-Scale goal** you want to meet by Mar 15th?

21st- **Lift a heavier weight.** Try a heavier dumbbell or set of kettlebells today. It's ok if it's hard. Its ok if you have to go back to something lighter after a round or two. Just try.

H O T & H E A L T H Y L I F E ' S

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22nd- **Breathe...** Put your phone in airplane mode and take deep breaths for 5 minutes. Mind wandering? That's fine just bring it back when it does.

23rd- **Walk someplace.** It's January its cold, i Know. Bundle up and walk even if its only 5 minutes. You're alive!

24th- What 3 things **MUST you accomplish** tomorrow? Write them down.

25th- **Unfollow Friday.** Unfollow 5 accounts or people on social media that bring you down.

26th- **Hydrate.** Drink your damn water today. 80 oz

27th- **Plan your 2019 bucket list.** Get your kids involved. Places you want to visit, things you want to do. Maybe have a personal, family, relationship bucket list.

28th- What are you just **DONE with**? It could be a way of thinking, a person, an IG page, wearing underwear? What is something that makes you feel bad, annoys you, or takes away from your life. Get rid of it.

29th- **Sit around the table with your family** for a meal today. Ask everyone what the best part of their day was (or what they are excited about).

30th- **Celebrate your wins.** What are 3 things that you're doing well right now?

31st- **Reflect.** What has gone well this month? What do you want to focus on next month:?