

HEALTHY HABITS FOR HEALTHY HORSEWOMEN



21 Day Challenge



Health Habits List

Based on your health assessment, pick a healthy habit to do for the next 21 days. Look at the list below or choose a habit on your own.

Cardio

- Walk for 15 minutes
- Do a 20 minute HIIT workout
- Run or jog for 15 minutes
- Park twice as far as normal and walk to work or the store
- Follow a cardio-based fitness program
- Other _____

Nutrition/Supplementation

- Eat something green, (veggie every day)
- Take a multivitamin every day
- Eat a salad every day
- No sugar for 21 days
- Try a new healthy food every day
- Home cook one meal a day
- No eating out for 21 days
- Eat a healthy smoothie/shake a day for 21 days
- Eat “clean” for 21 days
- Go high fat/low carb for 21 days
- Other _____

Flexibility

- Do 10 minutes of yoga
- Do 10 minutes of stretching
- Spend an extra 10 minutes stretching after your daily workout
- Other _____

Core Stability

- Do a plank challenge
- Do a core crunch challenge
- Follow a fitness program, targeting the core
- Other _____

Strength

- Do a daily plank challenge
- Do a daily push up/squat/crunch challenge
- Follow a weight training program
- Other _____

Mental Health/Rest/Relaxation

- Meditate for 10 minutes a day
- Do a gratitude journal
- Floss
- Start a skincare regime
- Read an empowering book for 15 minutes
- Do a daily prayer devotional
- Watch something funny on tv or Youtube
- Declutter your house for 15 minutes a day
- Work on an unfinished project for 15 minutes a day
- Other _____

Sleep

- No caffeine after 12 noon
- Only 3 cups of coffee a day
- Electronics off by 9 pm
- Spend time each day redecorating your bedroom to make it more relaxing
- Read a real book with real pages (non-electronic) before bed
- No tv or phone in bedroom
- Other _____

My Healthy Habit:
