

30-DAYS TO A HEALTHY YOU

@dngfitness_hormonal_balance



Write a list of 10 things you're grateful for



Practice deep breathing or meditation for 10 minutes



Eat an adequate amount of protein in each meal today (25g-30g).



Take a walk outside



Declutter a room or workspace



Book yourself in for a workout session or a class.



Cook a healthy meal with an extra portion of veggies



Practice yoga or gentle stretching



Write a positive affirmation and repeat it throughout the day



Create a relaxing bedtime routine. Go to bed by 10 pm for a 7 hr sleep



Journal about your thoughts and feelings



Set aside time for your favorite hobby



Drink 2-3 liters of water today



Unplug from technology for most of the day



Listen to your favorite music or a calming playlist



Practice mindfulness while doing everyday tasks



Try bake some new snacks for the week ahead such as protein muffins or granola bars.



Read a book or watch a movie that inspires you



Explore a new relaxation method, like progressive muscle relaxation



Take a power nap or restorative break



Create a vision board or list of personal goals



Book in an appointment to get your blood tests done



Treat yourself to a small indulgence



Reflect on your accomplishments and growth



Connect with nature by visiting a park, beach, or forest



Eat a protein rich breakfast this morning such as eggs or a protein smoothie.



Set boundaries to protect your energy and time



Establish a morning routine that energizes you



Practice self-compassion and forgive yourself for past mistakes



Review your progress and celebrate your achievements