CHOOSE YOUR CHALLENGE

30-DAY HEALTHY EATING HABITS CHALLENGE

Findout more at:
www.choosenow.eu

YEAR

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

☐ DAY 1 COOK WITH YOUR KIDS	☐ DAY 2 LESS DRIVING, MORE MOVING.	☐ DAY 3 EAT FRUIT FIRST	☐ DAY 4 SHOP THE FARMER`S MARKET	☐ DAY 5 USE HERBS & SPICES
☐ DAY 6 EAT UGLY PRODUCE	☐ DAY 7 SWAP SPORTS DRINKS WITH WATER	☐ DAY 8 TRY NEW PLANT-BASED RECIPES	☐ DAY 9 STICK TO YOUR GROCERY LIST	☐ DAY 10 EAT MORE PULSES
☐ DAY 11 SELF-SERVE DINNER	☐ DAY 12 SKIP DESSERT	☐ DAY 13 MAKE A GREEN SMOOTHIE BOWL	☐ DAY 14 HAVE PASTA, IT`S OK	☐ DAY 15 DRINK A MASHED BERRIES TEA
☐ DAY 16 TRY A NEW DINNER RECIPE	☐ DAY 17 EAT WHOLE GRAINS	☐ DAY 18 READ FOOD LABELS AND CHOOSE LOCALS	☐ DAY 19 ENJOY KOMBUCHA	☐ DAY 20 TRY A NEW FRUIT
☐ DAY 21 GET A NEW KITCHEN GADGET	☐ DAY 22 MADE A COMPOSTE BIN.	☐ DAY 23 PLANT SOME SEEDS OR PLOT YOUR FUTURE GARDEN!	☐ DAY 24 COOK VEGGIES IN A NEW WAY	☐ DAY 25 EAT MINDFULLY
☐ DAY 26 EAT TOGETHER WITH A FAMILY	☐ DAY 27 BUY ORGANIC	☐ DAY 28 BAKE WITH WHOLE WHEAT FLOUR	☐ DAY 29 TAKE A WALK IN NATURE	☐ DAY 30 PLAN NEXT WEEKS MENU AND SHOPPING LIST

I AM GRATEFUL FOR:

NOTES:

MOOD: