

# 30-DAY HEALTHY HABITS CHALLENGE

## Hydration:

I will stay hydrated by drinking 9 to 13 cups (72 to 104 ounces) of water a day.

## Protein:

I will meet my daily protein goal by getting 0.7 to 1.0 grams of protein per pound of my body weight.  
(ie: 150 lb adult = aim for 105-150 g protein/day)

## Plants:

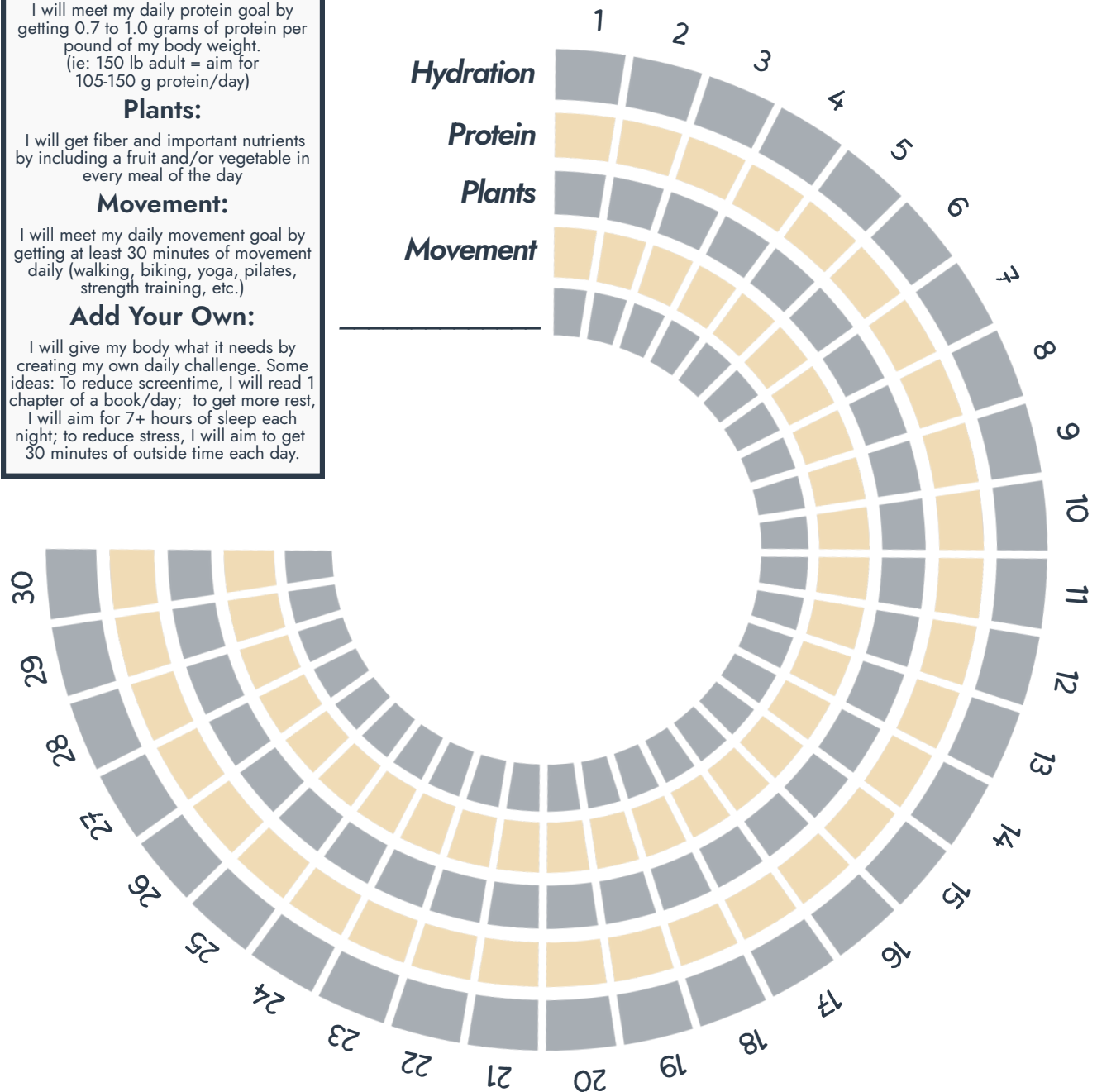
I will get fiber and important nutrients by including a fruit and/or vegetable in every meal of the day

## Movement:

I will meet my daily movement goal by getting at least 30 minutes of movement daily (walking, biking, yoga, pilates, strength training, etc.)

## Add Your Own:

I will give my body what it needs by creating my own daily challenge. Some ideas: To reduce screentime, I will read 1 chapter of a book/day; to get more rest, I will aim for 7+ hours of sleep each night; to reduce stress, I will aim to get 30 minutes of outside time each day.



*"Our habits shape who we are."*

- James Clear