

EveryChoiceMatters.org Monthly Health & Wellness Challenge Tracker

Build healthier habits one day at a time. Check off each habit you complete during the month and celebrate your progress.

Healthy Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Exercise or stay active (30+ minutes)																														
Drink 8 glasses of water																														
Eat fruits and vegetables																														
Get 7–9 hours of sleep																														
Limit sugary drinks and junk food																														
Spend time outdoors																														
Practice gratitude or positive thinking																														
Take a break from excessive screen time																														

Monthly Reflection

My biggest health victory this month:	
A healthy habit I want to strengthen:	
My health goal for next month:	

Healthy choices made consistently can transform your life. Every choice matters, and every healthy step counts.