



# LIVE WELL SAN DIEGO 31-DAY CHALLENGE LIVE WELL EVERY DAY

JANUARY 2018

The January *Live Well San Diego* 31-Day Resolutions Challenge is designed to help you try new things and accomplish simple tasks each day for a month. Participating in the challenge is a positive way to start the year and learn more about ways to live well every day. You can use this checklist to help you plan your month and keep up with each daily challenge.

- 1. Set A Resolution to Live Well Every Day
- 2. Start a Healthy Fitness Habit
- 3. Test Your Smoke Detector
- 4. Find Your Personal Theme Song
- 5. Take the Time to Watch the Sunset
- 6. Create an Emergency Contact List
- 7. Get Up-To-Date On Current Events
- 8. Eat a Vegetable Based Meal
- 9. Assess Your Workspace
- 10. Check Your Voter Registration Status
- 11. Drink Only Water Throughout the Day
- 12. Download a Service App
- 13. Plan a Device-Free Activity
- 14. Reconnect with a Positive Childhood Memory
- 15. Commit to a Day of Service
- 16. Set the Table for Mindful Eating
- 17. Schedule A Check-Up
- 18. Check In On Your Finances
- 19. Write a Letter
- 20. Go Money-Free Today
- 21. Learn About Another Religion or Culture
- 22. Read the Nutrition Labels on Three Different Foods
- 23. Contact Your Local Elected Official
- 24. Take a 5-Minute Shower or Less
- 25. Promote a Stigma-Free San Diego County
- 26. Say Good Morning to the First Five People You See
- 27. Take a Step Towards Emergency Preparedness
- 28. Plant a Seed Today
- 29. Check Your Blood Pressure
- 30. Discuss End of Life Decisions with Your Loved Ones
- 31. Set New Goals for the Coming Year

