



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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Reflect on 2019
and set your
intentions for 2020

2
Hold the door or
elevator for
someone

3
Take the stairs or
park further away

4
Give away
something you've
been holding on to

5
Clean out
your fridge

6
Eat a
vegetarian
meal

7
Sign up for a
community
clean up

8
Meditate for one
minute

9
Say something
positive to everyone
you talk to today

10
Reach out to
someone you haven't
talked to in a while

11
Plant a flower or
tree and watch
it grow

12
Pick up trash in
your neighborhood

13
Sign up
to volunteer

14
Set a
financial goal

15
Go plastic
free for the day

16
See how many
different people you
can smile at today

17
Write yourself a
positive note

18
Check in with an
older neighbor

19
Read for
15 minutes before
going to sleep

20
Drink only
water today

21
Walk outside for
15 minutes

22
Revisit your
resume

23
Organize a space
in your home
or at work

24
Do the one thing
you've been
meaning to do

25
Try a new
exercise move

26
Register to vote

27
Floss before bed

28
Donate to a cause

29
Consider your
haves, not just
your have-nots

30
Spend the evening
phone free

31
Set a goal that
motivates you

For more tips on how to live well every day, visit www.LiveWellSD.org/31-Day