The Live Well San Diego 31-Day Challenge is designed to help you try new things and accomplish simple tasks each day for a month to help you grow towards a healthy, safe and more thriving life. If you missed January’s Challenge you can still use the list below to challenge yourself to live well every day. Click each item in the list below for more information.

- 1. Set A Resolution to Live Well Every Day
- 2. Get Outside
- 3. Move Your Body
- 4. Drink More Water
- 5. Take an Emergency Training Class
- 6. Listen or Read to Learn Something New
- 7. Get Organized
- 8. Create a Savings Plan
- 9. Learn to Defend Yourself
- 10. Organize a Group Walk at Work or in Your Neighborhood
- 11. Quit Smoking or Help Someone Quit
- 12. Connect with 2-1-1 San Diego
- 13. Practice a Random Act of Kindness
- 14. Enjoy Local Art and Culture
- 15. Register for AlertSanDiego
- 16. Get Involved
- 17. Eat More Fruits and Vegetables
- 18. Sign Up for a 5K
- 19. Stop By Your Local Farmers Market
- 20. Spend Extra Time with Your Children or a Loved One
- 21. Make an Appointment to Donate Blood
- 22. Create a 72-Hour Emergency Supply Kit
- 23. Take a Moment for Positive Self-Talk
- 24. Create an Action Plan to Help You Reach a Long Term Goal
- 25. Inquire About Becoming or Getting a Mentor
- 26. Participate in a Cleanup Event
- 27. Learn to Meditate to Reduce Stress
- 28. Get to Know Your Neighbors
- 29. Fight the Bite!
- 30. Schedule a Physical Exam or Dentist Appointment
- 31. Ride Your Bike or Take Public Transit

Love Your Heart Bonus Challenge on Back!

Learn more about the Live Well San Diego 31-Day Challenge at LiveWellSD.org/31-Day
14-DAY BONUS CHALLENGE

1. Mark Your Calendar for Love Your Heart Day
2. Go Red For Women
3. Volunteer for Love Your Heart 2017
4. Learn More About Hypertension
5. Know the Warning Signs of a Heart Attack, Stroke or Cardiac Arrest
6. Learn the 2-Steps to Save A Life
7. Know Your Numbers
8. Eat Heart Healthy
9. Change Up Your Routine for Heart Health
10. Increase Your Physical Activity
11. Quit Smoking for Your Heart
12. Invite a Friend to Join You on Love Your Heart Day
13. Join the Conversation
14. Get Your Blood Pressure Checked

Learn more about Live Well San Diego at LiveWellSD.org