



# JUNE 2023

**Small steps, big impact: Crafting a healthy lifestyle through daily choices.** Eating an extra serving of vegetable everyday may seem insignificant but it adds up over time. Unlock a healthier you by referring to this calendar daily, uncovering small yet impactful choices to incorporate into your routine.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



**2**  
**Mindful Munching**  
Elevate your eating experience by savoring every bite. Engage all your senses, appreciate the flavors, and take.

**3**  
**Take at least 1 hour**  
today to do what makes you happy :)

**4**  
**Food Prep**  
Prepare grab-and-go snacks for the week to keep you fueled and satisfied.

**5**  
**Write a to-do list**  
to prioritise the week.

**6**  
**Fitness Challenge**  
Make it a point to do a 15-20 minutes walk during your lunch hour.

**7**  
**Digital Detox**  
Take a break from electronics; put away your gadgets, at least 1 hour before your sleep time.

**8**  
**It is never too late to begin!**

**9**  
**Call and speak**  
to a friend that you have not spoken to in the last few months.

**10**  
**Write down five things**  
that you are grateful for today.

**11**  
**Strive for progress not perfection**

**12**  
**Today, try to avoid eating fast food**  
or any food that is high in salt/sugar/unhealthy fats

**13**  
**Smile at a stranger today.**  
A warm smile is the universal language of kindness.

**14**  
**Stressed at work?**  
Go for a walk in the nature. Enjoy the colours, sounds and smell of the nature.

**15**  
**Almost Halfway There!**

**16**  
**Try some relaxation activities**  
like reading or listening to soft music at least 30 minutes before sleeping.

**17**  
**Wake up and work out**  
for at least an hour today. Tomorrow you can rest & recover.

**18**  
**Father's Day**

**19**  
**Be brave, be strong, be fearless.**

**20**  
**Avoid eating heavy meals**  
at least 2-3 hours before sleep.

**21**  
**World Yoga Day**  
Try learning one yoga posture today.

**22**  
**Positive self-talk**  
Tell yourself you are capable of achieving everything your mind sets to do.

**23**  
**TGIF!**  
Planning to go out for dinner tonight?  
Challenge yourself to eat something healthy on the menu and drink water instead of sweetened beverages/alcohol

**24**  
**Read a book/magazine today.**  
Make time for yourself.

**25**  
**Reassess your to do list**  
for the coming week.

**26**  
**Hydrate!**  
Drink one glass of water after waking up to help activate your internal organs. The water will help to remove any toxins before your first meal of the day.

**27**  
**Gratitude unlocks the fullness of life.**

**28**  
**Feeling overwhelmed?**  
Try square breathing. Square breathing can help calm anxiety & relieve stress.

**29**  
**Stair Climb Challenge**  
Skip the lift and take the stairs today.

**30**  
**Be Kind**  
Random act of kindness makes everyone feel good. Treat someone or tell them they look nice.

**Congrats you made it!**

Progress never sleeps. Reflect on your achievements, fine-tune your strategy, and dream big for next month's conquests.