

April 2019

In 2019, *Sarahnsays* is here to help you adopt healthy habits. One day of positive action towards improving your health is great, but real transformation comes from consistency and developing healthy habits. This month, choose 1-2 healthy habits that you will adopt, from daily practice. Habits are developed by performing an action for 21 days straight. If you stray off, forgive yourself and instead strive to perform the action at least 21 days in the month. Focus on 1-2 habits that will really improve your life (don't try to do them all). You have options! Remember YOU are in charge of your life.

My April Healthy Habits: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Get your family, friends and co-workers involved! #sarahnsays #ccapril19	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	Healthy Habit Option #1: Read for personal interest	Healthy Habit Option #2: Write down your daily goals	Healthy Habit Option #3: Minimize your spending	Healthy Habit Option #4: Be mindful of your posture