



2019

Calendar
Challenge

In 2019, *Sarahnsays* is here to help you adopt healthy habits. While one day of positive action towards improving your health is great, 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 June Healthy Habits:

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
Healthy Habit Option #1: Drink lots of water	Healthy Habit Option #2: Dedicate at least 5 minutes to prayer	Healthy Habit Option #3: Send someone an uplifting message	Healthy Habit Option #4: Avoid negative talk about others	Get your family and friends involved! #sarahnsays #ccjune19		<i>1</i>
<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>
<i>30</i>						