

HEALTHY MONTH, HEALTHY ME!

30 DAY HEALTHY HABITS PLANNER

The *Perfect* tool to get intentional about your health and self-care with space to create an entire month's worth of goals and healthy habits!

Goal Setting
Worksheet

30 Day Workout &
Activity Tracker

Weekly Food
Journal

Hydration
Tracker

7 Day Sample
Meal Plan

30 Day Hydration
Plan





“The distance between your dreams and reality is called **action.**”

AT THE END OF THIS MONTH, I WANT TO FEEL:

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WHAT ARE SOME THINGS I CAN INCORPORATE IN THE MONTH AHEAD TO FEEL THAT WAY?

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This planner belongs to:

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.....

CREATE GOALS. THEN CONQUER THEM.

What goals would you like to achieve over the next 30 days? Use this space to create your health & wellness goals and brainstorm daily steps to help you reach them!

exercise

hydration

sleep

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stress

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nutrition

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30 DAY WORKOUT & ACTIVITY TRACKER

notes

saturday

friday

thursday

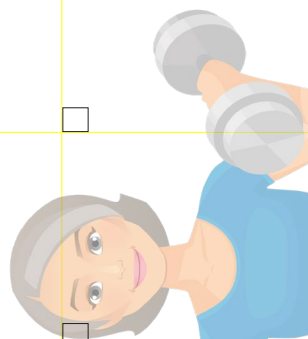
wednesday

tuesday

monday

sunday

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monday

tuesday

wednesday

weekly goals

monday

tuesday

wednesday

weekly goals

monday

tuesday

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wednesday

weekly goals

7 DAY SAMPLE MEAL PLAN

SHOPPING LIST

Zucchini
Tomatoes
Bell Peppers
Seasonal Squash
Cucumbers
Broccoli
Green/Black Olives
Asparagus
Cabbage

Chicken Breast
Shrimp
Eggs
Fish Fillets
(halibut, catfish)

Garlic
Limes
Lemons
Red Onion
No-Salt Seasoning
Garlic Powder
Onion Powder
Cayenne Powder
Teriyaki Sauce
Newman's Own
Lighten up Lime or
Raspberry
Vinaigrette

DAY #1

Lean & Green:
Pan Fried Catfish

catfish fillets
seasonal squash
zucchini
olive oil
lime
salt & pepper

DAY #2

Lean & Green:
Tropical Medley
Chicken

chicken breast
red bell pepper
yellow bell pepper
broccoli
no-salt seasoning

DAY #3

Lean & Green:
Lemon Greek Salad

chicken breast
cucumber
green or black olives
lemon juice
cherry tomatoes
red onion
salt & pepper

DAY #4

Lean & Green:
Tomato Shrimp Salad

shrimp
lettuce mix
tomatoes
cucumber
salt & pepper

DAY #5

Lean & Green:
Chicken Asparagus
Salad

chicken breast
lettuce mix
asparagus
tomatoes
lemon
salt & pepper
no-salt seasoning

DAY #6

Lean & Green:
Teriyaki Halibut &
Zucchini Fritters

halibut fillets
cabbage
zucchini
teriyaki sauce
cayenne pepper
salt & pepper
eggs
egg whites
garlic powder
onion powder

DAY #7

Choose from any of
the recipes this week!

NUTRITION TIPS

- Include lean protein in every meal!
- Aim for 20g of fiber for each 1,000 calories you eat
- Drink a glass of water 30 minutes before each meal
- Steamed, baked, broiled, boiled, grilled, poached, skinless, and fresh are best!
- Avoid adding extra sugar, butter or oil to your dishes

For portion control, eat meals from a 9-inch plate; in other words, use a salad plate, not a dinner plate. Plate your meals with a ratio of 50% Vegetables and Fruits, 25% Lean Protein, and 25% Whole Grain Starches.

1	8oz with breakfast 8oz with lunch 8oz with dinner 24 oz total	2	8oz with breakfast 8oz with lunch 8oz with dinner 24 oz total	3	8oz with breakfast 8oz with lunch 8oz with dinner 24 oz total	4	8oz with breakfast 8oz with lunch 8oz with dinner 24 oz total	5	10oz with breakfast 10oz with lunch 10oz with dinner 30 oz total	6	10oz with breakfast 10oz with lunch 10oz with dinner 30 oz total	7	10oz with breakfast 10oz with lunch 10oz with dinner 30 oz total	
8	10oz with breakfast +8oz with snack 10oz with lunch 10oz with dinner 38 oz total	9	10oz with breakfast +8oz with snack 10oz with lunch 10oz with dinner 38 oz total	10	10oz with breakfast +8oz with snack 10oz with lunch 10oz with dinner 38 oz total	11	10oz with breakfast +8oz with snack 10oz with lunch 10oz with dinner 38 oz total	12	10oz with breakfast +8oz with snack 10oz with lunch +8oz with snack 10oz with dinner 46 oz total	13	10oz with breakfast +8oz with snack 10oz with lunch +8oz with snack 10oz with dinner 46 oz total	14	10oz with breakfast +8oz with snack 10oz with lunch +8oz with snack 10oz with dinner 46 oz total	
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22	12oz with breakfast +8oz with snack 12oz with lunch +8oz with snack 12oz with dinner 60 oz total	23	16oz with breakfast +8oz with snack 16oz with lunch +8oz with snack 16oz with dinner +8oz with snack 72 oz total	24	16oz with breakfast +8oz with snack 16oz with lunch +8oz with snack 16oz with dinner +8oz with snack 72 oz total	25	16oz with breakfast +8oz with snack 16oz with lunch +8oz with snack 16oz with dinner +8oz with snack 72 oz total	26	16oz with breakfast +10oz with snack 16oz with lunch +10oz with snack 16oz with dinner +10oz with snack 78 oz total	27	16oz with breakfast +10oz with snack 16oz with lunch +10oz with snack 16oz with dinner +10oz with snack 78 oz total	28	16oz with breakfast +10oz with snack 16oz with lunch +10oz with snack 16oz with dinner +10oz with snack 78 oz total	
29	16oz with breakfast +12oz with snack 16oz with lunch +12oz with snack 16oz with dinner +12oz with snack 84 oz total	30	16oz with breakfast +12oz with snack 16oz with lunch +12oz with snack 16oz with dinner +12oz with snack 84 oz total	31	16oz with breakfast +16oz with snack 16oz with lunch +16oz with snack 16oz with dinner +16oz with snack 96 oz total									

Keep up the
good work!

