Week 1: Better sleep.

November 16—November 22...
- Keep your bedtime consistent five nights
- No screen time in bed five nights
- Get 8,000+ steps four times
- Limit alcohol to one serving and only twice
- Do a 10 minute relaxation exercise prior to sleep twice
- Keep caffeine fixes to the morning four days
- Place a journal next to your bed for you to write waking thoughts and ideas

Week 2: Stay moving.

November 23-November 29...
- Find three extra 10 minute walks
- Park further from the door four days
- Take two holiday walks through festive decorations
- Create a list of winter activities you will try this winter
- Connect with family to plan a Turkey Day walk pre- or post- meals
- Take two stretching breaks
- Dance twice this week- Enjoy favorite music and bust-a-move!

Week 3: Stress busting.

November 30—December 6...
- Create a daily task list and limit it to realistic goals
- Simplify gifts. Encourage family exchanges or draw from a hat instead of buying individually
- Stay connected by calling three family members or friends
- Slow down and enjoy writing two holiday cards to express gratitude
- Start or continue journaling twice (focus on the positive things in your life)
- Participate in yoga or meditation once

Week 4: Eat well.

December 7—December 13...
- Eat before attending holiday parties
- Drink four glasses of water daily
- Eat breakfast every day
- Eat three veggies a day, four days
- Purchase/create a fruit and veggie tray for home snacking
- Prepare a healthy substitution for a holiday favorite
- Focus on fun, not food. Suggest activities during the party like charades or cards

Holiday Shopping Lists