JOY BAUER'S 31-DAY CHECKLIST

31 Little Things I Do for More Energy + Better Mood

- [ ] **Day 1** Glass of water first thing
- [ ] **Day 2** Get morning light
- [ ] **Day 3** Stretch for 5 minutes
- [ ] **Day 4** Protein at breakfast
- [ ] **Day 5** Write down 3 good things
- [ ] **Day 6** One more fruit or veggie
- [ ] **Day 7** Short walk after a meal
- [ ] **Day 8** Reach out to someone you love
- [ ] **Day 9** Swap a sugary drink for sparkling
- [ ] **Day 10** 20 minutes outside
- [ ] **Day 11** Get up every 30 minutes
- [ ] **Day 12** Add a fermented food
- [ ] **Day 13** 10-minute power nap
- [ ] **Day 14** Slow down at one meal
- [ ] **Day 15** Dance to one song
- [ ] **Day 16** Caffeine cutoff by early afternoon
- [ ] **Day 17** Make room for beans
- [ ] **Day 18** 5-minute breathing trick
- [ ] **Day 19** A few strength moves
- [ ] **Day 20** One Mediterranean-style meal
- [ ] **Day 21** One kind thing
- [ ] **Day 22** Cook one meal at home
- [ ] **Day 23** Add 500 more steps
- [ ] **Day 24** Same bedtime
- [ ] **Day 25** Check in with your hunger
- [ ] **Day 26** Power down before bed
- [ ] **Day 27** 1-minute burst
- [ ] **Day 28** Something soothing at night
- [ ] **Day 29** 10 minutes for something you love
- [ ] **Day 30** Prep tomorrow's breakfast
- [ ] **Day 31** Keep your favorite habit

My favorite habits:

It takes about 66 days for a habit to feel automatic, so keep going! You got this!

As always, check with your doctor before starting a new exercise routine or making big changes to your diet, especially if you have a health condition.

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