

SETTING BOUNDARIES DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Don't Wait Putting off your goals until the new year only hurts your progress. Start working towards them today!	2  Stay on Budget Holiday spending can add up. Set a budget and stick to it. Save with handmade gifts, thrifting, or shopping sales.	3 Coaching Webinar Today is our FREE coaching webinar: Beat the Winter Blues. There's still time to register! Sign up NOW and tune in at Noon CT today.	4 Communicate Clearly It's okay to set a deadline for yourself. Try saying to a friend or co-worker, 'I can help, but I'll need until tomorrow.'	5 Plan Your Plate Fill half of your plate with fruit and vegetables. This helps make sure you're getting the essential nutrients your body needs.	6  Get Outside Bundle up and go for a walk around the block. Fresh air will do wonders for your mood!
7  Make a Plan Meal prep some lunch and snack ideas for the week. Bonus! You'll save a little money for the holidays by not eating out.	8 Embrace the Season Do something cozy this week! Curl up with a good book, try your hand at baking, or make yourself a tasty hot chocolate.	9 Stick to a Routine Keeping a regular routine can help stabilize your energy.	10 Stay Hydrated The temps are cooler, but your water intake is still important! Carry a water bottle and fill it up throughout the day.	11  Walk it Out Cold weather making steps harder? Stand up hourly, take a quick lap, or step outside for fresh air.	12 Boundaries are a part of self-care. They are healthy, normal, and necessary.	13 Enjoy the Journey Make wellness fun—dance, hike, or cook healthy meals you enjoy. Loving the process makes it stick!
14 Wellness on the Weekend Stay committed to your health goals this weekend by aiming for 30 minutes of activity today.	15 Respect yourself enough to say no to others and yes to your own well-being.	16 Live Well, Work Well Our monthly newsletter is here! Check it out today over on our blog.	17 Listen to Your Body Be sure to rest when you're tired and move more when you're feeling energized. Your body knows what it needs!	18 Healthy Boundaries Boundaries are necessary to protect you from feeling drained. Set boundaries around time, space, morals, and even social media.	19 Your 2026 Plan Registration is open for the 2026 coaching webinars! Find them all on our blog and save your seat for the year ahead.	20  Shop Local Still looking for a last-minute Christmas gift? Shop local this weekend and cross those items off your list!
21  Phone a Friend The holidays are a great time to reconnect. Call a friend and plan a coffee or lunch date.	22 Give Back Recharge by giving back. Donate to a local pantry or do a random act of kindness this week.	23 Check Your Stress The holidays bring joy—but also stress. Manage it with healthy habits like exercise or meditation.	24 Christmas Eve Remember to disconnect from technology this holiday season and connect with family and friends.	25 		26 Recharge Feeling a little burnt out? Recharge and do what's best for your health, mentally and physically.
27 Time to Declutter The holidays can be a whirlwind! Tidy up or declutter a space in your home you've been avoiding.	28 Stay Flexible Life is unpredictable, so stay flexible. Adjust your routine as needed to stay on track. Adaptability is key to a healthy lifestyle.	29 You Time Taking time for self-care can give you more confidence, creativity, emotional intelligence, and stability. It can even help prevent burnout.	30  Set Goals Look ahead to 2026! Writing down your goals can help you stick to them.	31  Happy New Year's Eve	Facebook: HealthCheck360 Instagram: @HealthCheck360	

Visit our blog to stay up to date with the latest from HealthCheck360!

