GOALS & TO-DOs

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

HealthCheck360

2026

08 AUGUST

Longevity & Movement

HealthCheck360

@HealthCheck360

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 **Meal Prep Lite** Make next week easier by washing and prepping vegetables ahead of time.	**31** **Finish Strong** Reflect on August and choose one healthy habit to continue into September.					**1** **Small Steps Start** Kick off National Wellness Month by taking a 10 min walk after dinner today.
2 **Move with Friends** Plan a walk or workout with a friend today for extra motivation.	**3** **Quote** "Movement is medicine, especially when taken daily."	**4** **Protein Power** Add protein to breakfast, like eggs or yogurt, to fuel your muscle health.	**5** **Coaching Webinar** Join today's coaching webinar at Noon CT to learn more about exercise for longevity & vitality. See you there!	**6** **Strength Starts Now** New to strength training? Start small with body weight movements like squats and wall pushups.	**7** **Money Check-In** Prep some lunch and snack options this week to save on eating out and vending machine snacks.	**8** **Stretch It Out** Take five minutes to stretch your hips and shoulders to reduce tension and improve mobility.
9 **Read & Relax** Celebrate Book Lovers Day by reading 10–15 pages of a new book to support brain health.	**10** **Mindful Monday** Before starting work, pause for three deep breaths to help calm your mind and sharpen focus.	**11** **Balance Boost** Improve your stability by practicing balance and standing on one foot for 20 seconds per side.	**12** **Color Your Plate** Add at least one colorful vegetable to your plate today for extra nutrients and energy.	**13** **Stay Strong** Build longevity by completing two strength training sessions this week.	**14** **Gratitude Break** Take a moment to write down one positive win from this week to boost your motivation.	**15** **Rest is Productive** Honor National Relaxation Day by unplugging and giving yourself time to fully relax.
16 **Hydration Check** Start your morning with a full glass of water to support joint health and energy levels.	**17** **Posture Reset** Check in with your posture throughout the day and sit tall to reduce strain and fatigue.	**18** **Savings Stretch** Strengthen your financial health by transferring a small amount into your savings account each month.	**19** **Midweek Walk** Clear your mind by taking a 10 minute walk between tasks. The fresh air and sunshine will do you good!	**20** **Quote** "Movement today is an investment in the life you want tomorrow."	**21** **Fuel Recovery** After physical activity, eat a balanced meal with protein and carbohydrates to support recovery.	**22** **Digital Detox** Take a short break from social media and use that time to read, stretch, or unwind.
23 **Sleep Setup** Prepare for the week ahead by heading to bed 15 minutes earlier tonight.	**24** **Motivation Monday** Remember that small daily movements add up and help support long term health.	**25** **Flexibility Fix** Improve mobility by stretching your hips and hamstrings while watching TV this evening.	**26** **Walk the Dog** Celebrate National Dog Day by going for an extra walk—even if you borrow a dog!	**27** **Keep Moving** Prioritizing your health for just one day is a positive step toward maintaining lifelong wellness.	**28** **Money Moment** Plan a free or low cost weekend activity, like a walk or library visit, to save money.	**29** **Brain Boost** Support brain health by learning something new through a podcast, article, or short video.