



30 FOR 30 JANUARY JUMPSTART CHALLENGE

Commit to 30 minutes a day for 30 days to a happier, healthier you! The holiday fun was a blast while it lasted, but now we're ready to hit the reset button. January is a time for a renewed sense of determination and commitment. Use January to ease back into your routine and kick start some healthy habits so that you feel confident, balanced, organized and able to take on exactly what you want to this coming year. Here are a few tips and tricks to help ease into the new year feeling refreshed and organized!



1 <input type="checkbox"/> SLEEP zzz	2 <input type="checkbox"/> GOOD MORNING 	3 <input type="checkbox"/> PLAN 	4 <input type="checkbox"/> WORKOUT 	5 <input type="checkbox"/> DONATE 	6 <input type="checkbox"/> READ 	7 <input type="checkbox"/> PURGE
8 <input type="checkbox"/> DATE 	9 <input type="checkbox"/> H2O 	10 <input type="checkbox"/> STRETCH 	11 <input type="checkbox"/> CONNECT 	12 <input type="checkbox"/> RAD 	13 <input type="checkbox"/> DIGEST 	14 <input type="checkbox"/> SAY NO
15 <input type="checkbox"/> SAY YES 	16 <input type="checkbox"/> MEDITATE 	17 <input type="checkbox"/> INBOX 	18 <input type="checkbox"/> MEAL PLAN 	19 <input type="checkbox"/> CHECK IT OFF 	20 <input type="checkbox"/> TIDY DESK 	21 <input type="checkbox"/> SELF-CARE
22 <input type="checkbox"/> NO SPEND 	23 <input type="checkbox"/> DIGITAL DETOX 	24 <input type="checkbox"/> GREEN SMOOTHIE 	25 <input type="checkbox"/> ADVENTURE 	26 <input type="checkbox"/> NEW RECIPE 	27 <input type="checkbox"/> VITAMINS 	28 <input type="checkbox"/> BUDGET
29 <input type="checkbox"/> JOURNAL 	30 <input type="checkbox"/> REFLECT 	<p>Thanks for joining us for our Commit30 30-day Jumpstart! For more goal-getting inspiration and tips, be sure to join our private goal-getters group here (link to FB goal-getters group: www.facebook.com/commit30) and follow us on Instagram at @commit30</p>				

Disclaimer: Commit30 nor anyone associated with Commit30, will be responsible or liable for any injury sustained while exercising at your home, gym or elsewhere. This website's information is not intended to be a substitute for professional medical advice. Consult a doctor before starting any exercise program.

3 COMMIT

30-DAY JANUARY JUMPSTART

- 1 SLEEP** Commit to getting more sleep. Try to get a minimum of 7.5 hours of sleep per night this week. This means going to bed at least 30 minutes earlier than normal.
- 2 GOOD MORNING** Commit to a healthy morning routine. Go to bed earlier and wake up at least 30 minutes earlier so you have time to stretch, journal, or workout. Check your attitude when you wake up today - A great day begins with a grateful mindset.
- 3 PLAN** Commit 30 minutes today to planning out your week's work and life to do lists. Make sure to take time to schedule in family time, fun activities, and self care.
- 4 WORKOUT** Commit to moving your body for at least 30 minutes a day this month. Schedule 30 minutes to move your body in your planner everyday. Download our 30 day fitness challenge on our website to get started.
- 5 DONATE** Donate \$30 or more to a non-profit organization in your town or donate food and toiletries to a food bank or homeless shelter in your community. Spread the love today.
- 6 READ** Commit to reading (for fun). Take 30 minutes tonight and pick up a book. Put down the phone, turn off the TV and read.
- 7 PURGE** Commit to purging 30 things today. Grab a box or trash bag and start walking around your house and decluttering. Less is more!
- 8 DATE** Go out on a date with your partner, your bestie or yourself.
- 9 H2O** Commit to drinking more water. Drink at least 8 glasses (64oz.) of water today.

- 10 STRETCH** Commit to stretching. Spend 30 minutes this evening stretching or foam rolling.
- 11 CONNECT** Commit to connection. Write a note to a friend, family member, old teacher or mentor. Snail mail wins. Or pick up the phone and call your mama. No texting, just an old fashioned phone call.
- 12 RAD** (Random Awesome Deed). Commit to doing a good deed for a neighbor, friend or stranger today.
- 13 DIGEST** Commit to getting your digestive system working better. Start your morning with warm water and lemon before anything else (even coffee) and take a probiotic everyday.
- 14 SAY NO** Commit to saying No. Say no to something on your schedule this week that you can eliminate or delegate. This should free up at least 30 minutes for tomorrow's activity.
- 15 SAY YES** Commit to saying Yes. Say yes to one of your kids request for a fun activity, say yes to your partner when they want to make-out :), or say yes to meeting a friend for lunch.
- 16 MEDITATE** Sit your booty down on a mat, the floor or the couch and close your eyes for a few minutes this morning. Listen to your breath. Most of us are stressed out by our modern lifestyles and busy lives. Meditation can bring some much needed stillness and rest to our overly active minds. One of my favorite simple meditations is to just breathe in light and happiness on my inhale and on the exhale breathe out light and happiness to the world.
- 17 INBOX** Commit to getting a handle on your inbox. Spend 30 minutes deleting or responding to emails in your inbox. Aim for inbox zero by the end of the week.
- 18 MEAL PLAN** Commit to planning a week's worth of healthy meals. Download our free meal planner on our website to get started.
- 19 CHECK IT OFF** Commit 30 minutes today to doing something that's been on your to-do list for more than a few weeks (eg. calling your insurance company, returning an item, writing some thank you notes, etc.)

- 20 TIDY DESK** Commit 30 minutes today to tidying up your desk. File away clutter, recycle/shred documents you no longer need, dust off the space.
- 21 SELF-CARE** Commit to spending 30 minutes tonight doing something for you! Take a quiet walk or bath or give yourself an at home facial or pedicure.
- 22 NO SPEND DAY** Commit to a no spending day. Don't spend any money today (not on food, not on coffee on the way to work...use what you have on hand; no online shopping; no stores). Get creative. Track how much money you saved today by not spending.
- 23 DIGITAL DETOX DAY** Commit to a digital detox day. Put away the laptops, ipads and iphones. Eyes up, phones down, hearts open.
- 24 GREEN SMOOTHIE** Commit to making a big healthy green smoothie this morning - I do this every morning. Check out #Fab4Smoothie recipes for inspiration.
- 25 ADVENTURE** Commit to adventure today. Take a hike on a new trail, book a new camping adventure or research plane tickets to a new place.
- 26 TRY A NEW RECIPE** Commit to making a new recipe tonight for dinner! Check out our Pinterest page for lots of ideas.
- 27 TAKE YOUR VITAMINS** Commit to taking your vitamins today. :) Get in the habit each morning.
- 28 BUDGET** Commit to making (or looking at) your budget today. Make sure you are spending money where your values are. What can you eliminate?
- 29 JOURNAL** Commit to spending 30 minutes today writing in your journal. Stuck? Make a list of 30 things you are grateful for.
- 30 REFLECT** Spend 30 minutes today thinking back on the past month's challenges. What resonated with you? What healthy habits are you hoping to incorporate into the coming year's plans? Did it feel good to purge your house of some no longer used/loved items? Did you feel better drinking more water and moving your body more this past month?