



February 2020

Take The Stairs Date: _____	Like DPP Facebook Page Date: _____	Use a refillable water bottle instead of a plastic water bottle Date: _____	Pack a healthy Lunch Date: _____	Pick up a healthy shopping list from DPP Date: _____	Take a photo with a member of the DPP staff Date: _____	Make an appointment for a annual check up Date: _____
Spend 5 minutes dancing like no one is watching Date: _____	Get 6,000 steps Date: _____	Get 8,000 steps Date: _____	Visit DPP for a Inbody read out Date: _____	Get in all your fruits and veggies for the day 5 Servings Date: _____	Walk on break Date: _____	Try a new food Date: _____
Visit the weight room located in the Boys and Girls club basement Date: _____	Get up and move around during commercials Date: _____	Thank someone that has helped you Date: _____	Organize a little in your home or work Date: _____	Write down 1 SMART Goal for this month Date: _____	Get informational sheets about Heart Health Month @ the DPP Table in the Clinic Date: _____	Listen to some new music Date: _____
Try a new form of exercise Date: _____	Get ahead on a big project Date: _____	Take a walk with a friend Date: _____	Brush your teeth Date: _____	Take 5 Deep Breaths to help relieve stress Date: _____	Shut phone off for 15 minutes before bedtime Date: _____	Make a dental appointment Date: _____
No blue light 1 hour before bedtime Date: _____	Do 15 squats Date: _____	Donate items to Goodwill or a similar location Date: _____	Fill out Diabetes Risk Assessment Date: _____	Go for a swim at the Boys and Girls Club Date: _____	Watch a movie with a friend or loved one Date: _____	Plan out your meals for the week Date: _____