

Right-Size Your Goals

The new year is a great time to refresh your fitness routine—success will come from setting realistic goals. Making sure your goals are the right size builds healthy habits that last instead of fading too fast. Small, consistent changes add up to big wins in the long run.

Challenges

- Stretch before or after work
- Monitor daily steps
- Strength train twice a week

January

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31