

# JUNE

Monthly Fitness Challenge

# NUTRITIONAL



- JUNE 1:** No soda
- JUNE 2:** Try a new green veggie
- JUNE 3:** Go vegan (no meat, dairy)
- JUNE 4:** No fried food
- JUNE 5:** No processed food (boxed or canned)
- JUNE 6:** 1 gallon of water
- JUNE 7:** No candy
- JUNE 8:** 4 servings of protein
- JUNE 9:** No coffee
- JUNE 10:** Try a new fruit
- JUNE 11:** Prepare or plan out 1 weeks' worth of meals

- JUNE 12:** No fast food
- JUNE 13:** Try a crock-pot meal
- JUNE 14:** Make a healthy choice at a restaurant
- JUNE 15:** Bring your lunch
- JUNE 16:** Eat a salad
- JUNE 17:** Try new lean meat (fish, venison, turkey)
- JUNE 18:** Fresh food over processed
- JUNE 19:** Eat nuts
- JUNE 20:** Read nutrition labels when you shop
- JUNE 21:** Have oatmeal for breakfast
- JUNE 22:** Eat local
- JUNE 23:** Try green tea
- JUNE 24:** No desserts
- JUNE 25:** Have a steamed veggie for dinner
- JUNE 26:** Try whole wheat pasta
- JUNE 27:** Eat in, not out
- JUNE 28:** Eat 4-6 small meals
- JUNE 29:** Try a new spice
- JUNE 30:** Drink a smoothie