

12 MONTHS OF PHYSICAL IMPROVEMENT

JANUARY

- START** Drinking a glass of water (preferably with lemon) every morning upon arising
- STOP** Drinking an alcoholic beverage before bed
- SUSTAIN** Adjective: Intentional

FEBRUARY

- START** Going to bed at the same time every night (within 30 minutes on either side)
- STOP** Watching more than one episode of any show per night
- SUSTAIN** Well-Rested

MARCH

- START** Eating greens with every meal (including breakfast)
- STOP** Eating after 8pm (or 3 hours before you go to sleep)
- SUSTAIN** Well-nourished

APRIL

- START** Eating only fruits and vegetables until noon
- STOP** Eating animal fat/protein until noon or later
- SUSTAIN** Light and focused

MAY

- START** Eating a completely clean breakfast and lunch
- STOP** Eating processed and packaged foods
- SUSTAIN** Clean

JUNE

- START** Drinking 12 oz of water per hour
- STOP** Drinking pop but for once a month, and then, only pop from the foreign foods aisle.
- SUSTAIN** Hydrated

JULY

- START** Doing 10 body-weight squats after going to the bathroom
- STOP** Scrolling on your phone in the bathroom
- SUSTAIN** Regimented

AUGUST

- START** 30 minutes of cardio per day-varied pace
- STOP** Running for hours and hours
- SUSTAIN** Aerobically Fit

SEPTEMBER

- START** 1 pushup per day then add another pushup each day through the end of the year
EXAMPLE: 30 push ups done on the last day of September, 61 done by October 31, 61 by November 30, and 92 EACH DAY by December 31, 2020
- STOP** Straight leg dead lifts
- SUSTAIN** Functionally fit

OCTOBER

- START** Postural stretches at the beginning of each day and throughout the day
- STOP** Sitting for more than an hour without setting an alarm to get up and move.
- SUSTAIN** Posturally admirable

NOVEMBER

- START** Logging your food intake
- STOP** Eating foods marked “Zero calorie” or “low fat”
- SUSTAIN** Conscious

DECEMBER

- START** Wake up earlier
- STOP** Hitting the snooze button
- SUSTAIN** Early riser