


FEBRUARY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Core Exercise Breakfast Chai Muesli	2 60-Minute Cardio Pilates	3 Yoga Works Garbanzo Bean Salad	4 60-Minute Cardio Strength	5 Workout Routine for Chest and Legs Quinoa Salad	6 Yoga Stretch	7 Meal Prep, Walk, and Enjoy the Day!!
8 60-Minute Lower Body Charge	9 Strength and More Workout Routine Spaghetti Squash with Veggies	10 No Equipment Mat Exercise Routine	11 60-Minute Cardio Strength Workout Cacao Coco Delight Smoothie	12 Back, Legs, and Abs	13 Full Body No Equipment Calorie Burner	14 Chocolate Protein Coconut Bites Meal Prep, Walk, and Enjoy the Day!!
15 Full Body Calorie Burner SuperFood Encrusted Mahi Mahi	16 Upper Body Strength Workout	17 60-Minute Cardio Strength Challenge Quinoa Pancakes	18 No Equipment Full Body Fat Burner	19 60-Minute Strength + Yoga Workout Ultimate Breakfast Smoothie	20 Top 5 Abdominal Exercises	21 Meal Prep, Walk, and Enjoy the Day!!
22 60-Minute Cardio Strength Yoga	23 Top 5 No Equipment Exercises Salmon Teriyaki	24 60-Minute Cardio Balance Workout	25 No Equipment Core and Legs Routine Egg and Avocado Wrap	26 60-Minute Strength and Stretch	27 Easy Meditation to Recharge	28 Meal Prep, Walk, and Enjoy the Day!! Vanilla Cupcake
				<p>Goals:</p> <p>150-300 Minutes of activity per week. 8 Glasses of water per day; +2 more per caffeine or alcohol intake. Activity = increases your heartrate + sweat</p>		

28 Days to Healthy Habits