

One Day at a Time: 31-Day Challenge for a Healthier Life

Think about how your average meal looks – Is your plate colorful? Does it include $\frac{1}{2}$ fruits and veggies, $\frac{1}{4}$ lean protein, and $\frac{1}{4}$ whole grains? Do you exercise regularly? Do you have activities or habits that help you relax and handle stress? If not, let's get you there by the end of this month. This 31-day challenge is designed to help Sailors and Marines achieve optimal health and readiness by creating daily habits of healthy eating, active living, and positive psychological and emotional well-being.

Get Started Today!

Join your fellow Sailors, Marines, their families, and DoD civilians in the “One Day at a Time: 31-Day Challenge for a Healthier Life!”. Adopting healthy and consistent eating habits combined with regular exercise is the key to successfully losing weight and keeping it off. You don't have to go hungry or give up the foods you love, or even hit the gym every day, just try to incorporate healthy eating, active living, and psychological and emotional well-being behaviors and activities into your daily routine.

To get started, follow this 31-day challenge to learn what types of foods you should be eating regularly, get recipes to prepare some healthy and delicious meals, and pick up exercise and general wellness tips. This isn't a diet with short-term weight loss goals and severe restrictions, but rather a wellness plan you can adopt to maintain a healthy and fulfilling lifestyle long-term.



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Jan 1

Jan 2

Jan 3

One Day at a Time: 31-Day Challenge for a Healthier Life

For more information on weight management, visit the [NMCPHC Healthy Weight Toolbox](#).



Drink water instead of soda or juice at lunch.

Grab some friends and play a game like Frisbee, basketball, soccer, or flag football.

Pick a new food – lean protein, whole grain, fruit, or veggie – and incorporate it into one of your meals today. Check out [10 tips to build a healthy meal](#).



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

Jan 4

Jan 5

Jan 6

Jan 7

Jan 8

Jan 9

Jan 10

Replace a protein shake with protein-rich Greek yogurt.

Unplug from technology 30 minutes before bed and read a book instead. Find out why [sleep is important for weight management](#).

Pack a salad or sandwich for lunch today instead of going out to eat.

Put unhealthy snacks like cookies and chips in a hard to reach place, and instead, eat fruit as a snack today.

Complete one [relaxation tip](#) before bed. You'll get a better night's sleep!

Friday calls for comfort food. Make plain oatmeal with low-fat milk and fruit for breakfast – don't add any sugar.

If you have to play video games, try a fitness game like virtual tennis, dance, bowling, or baseball.

Jan 11

Jan 12

Jan 13

Jan 14

Jan 15

Jan 16

Jan 17

Cook an easy dinner tonight – like whole wheat pasta, a low-sodium spaghetti sauce, frozen veggies, baked chicken, and parmesan cheese.

Pack leftovers from dinner for lunch today, and eat them instead of going out.

Carry a water bottle with you today and refill it 6 times.

Try out a new class at your gym or do a free workout video on YouTube. Check out the [ShipShape Program](#); Marines can find resources at [Semper Fit](#).

Avoid the elevator – take the stairs and walk up escalators.

If you eat out, avoid ordering anything fried. Choose grilled, baked, or fresh lean protein instead.

Make a list of healthy foods to buy before going to the grocery store, and don't purchase any items not on your list. Build a list at [www.choosemyplate.gov](#).

Jan 18

Jan 19

Jan 20

Jan 21

Jan 22

Jan 23

Jan 24

As you watch TV today, do stretches, exercises like yoga, or use a stationary bike or elliptical instead of sitting on the couch. Check out [Navy Fitness](#) for tips.

Start a friendly competition with a friend: grab a pedometer or download an app and see who can log the most steps today.

Replace a coffee break with a brisk 10 minute walk, and invite a friend to come with you!

Drink water instead of sports drinks.

Make a [plan](#) to help you navigate stress.

Order a side salad instead of fries when you go out to eat tonight.

Try a new recipe that makes up a meal of roughly ½ fruits and veggies, ¼ lean protein, and ¼ whole grains. Find a recipe in the [Bachelor Housing Barracks Cookbook](#) like easy fish tacos or pesto chicken sandwich!

Jan 25

Jan 26

Jan 27

Jan 28

Jan 29

Jan 30

Jan 31

Buy Greek yogurt, nuts, and fruit at the grocery store for snacks this week.

Make a list of the things you feel stressed about throughout the day.

Go for a 30 minute walk after dinner.

Swim some laps at the pool or exercise to a workout video.

Read the nutrition label for everything you eat today, and do not eat foods high in calories, saturated fat, sodium, and sugar. Learn more about [nutrition labels](#).

Put fruit out in a bowl at home and/or at work and eat at least two pieces today.

Pick a meat-free recipe and cook dinner tonight; something like black beans, veggies, and brown rice. Find ideas at [www.choosemyplate.gov](#) and [Operation Live Well](#).