

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? Now think about your daily activities – do you exercise regularly? Do you have activities or habits that help you relax and handle stress? If not, let's get you there in 31 days. This 31-day challenge is designed to help you achieve optimal health and readiness by creating daily habits of healthy eating, active living, and positive psychological and emotional well-being. We recommend starting the challenge at the beginning of a month, but you can start at any time that works for you! Make sure to note your start date in the calendar to keep track of your progress.

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.



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Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Drink water instead of soda or juice at lunch.	Grab a friend or two and play a game like Frisbee or basketball, or go for a hike.	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 .	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.
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Complete one relaxation tip before bed. You'll get a better night's sleep!	Make plain oatmeal with low-fat milk and fruit for breakfast – don't add any sugar.	If you really want to play video games, try a fitness game like virtual tennis, dance, bowling, or baseball.	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 six times.	Try out a new class at your gym or do a free workout video on YouTube. Check out Exercise Programs for Active, Healthy Living to see what types of workouts might interest you.
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
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 .	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.
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Make a plan to help you navigate stress.	Order a side salad instead of fries if 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!	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.
Day 29	Day 30	Day 31				

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](#).



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