



B U R B A N K
FITNESS CLUB
FITNESS FEELS GOOD

30-DAY JANUARY JUMPSTART

- 1 SLEEP** Commit to getting more sleep. Try to get a minimum of 7.5 hours of sleep per night this week.
- 2 GOOD MORNING** Go to bed earlier and wake up at least 30 minutes earlier so you have time to stretch, journal, or workout. Check your attitude when you wake up today – a great day begins with a grateful mindset.
- 3 PLAN** Take 30 minutes today to plan out your week's work and life to-do list. Make sure to take time to schedule self-care.
- 4 WORKOUT** Move your body for at least 30 minutes a day this month. Schedule 30 minutes to move your body in your calendar everyday.
- 5 DONATE** Donate \$30 (or more) to a non-profit organization in your town or donate food and toiletries to a food bank/homeless shelter in your community. Spread the love today.
- 6 READ** Start to read today (for fun). Take 30 minutes tonight and pick up a book. Put down the phone, turn off the TV, and read.
- 7 PURGE** Purge 30 things today. Grab a box or trash bag, and start walking around your house and decluttering. Less is more!
- 8 DATE** Go out on a date with your partner, your bestie, or yourself.
- 9 H2O** Drink more water. Drink at least 8 glasses (64 oz) of water today.
- 10 STRETCH** Spend 30 minutes this evening stretching or foam rolling.
- 11 CONNECT** Connect with someone today. Write a note to a friend, family member, old teacher, or mentor. Snail mail wins. Or pick up the phone and call your mama. No texting, just an old fashioned phone call.
- 12 RAD** (Random Awesome Deed). Do a good deed for a neighbor, friend, or stranger today.
- 13 DIGEST** Time to get your digestive system working better. Start your morning with warm water and lemon before anything else (even coffee) and take a probiotic everyday.
- 14 SAY "NO"** Commit to saying "No." Say no to something on your schedule this week that you can eliminate or delegate. This should free up at least 30 minutes for tomorrow's activity.
- 15 SAY "YES"** Commit to saying "Yes." Say yes to one of your kid's requests for a fun activity, to meeting a friend for lunch, or to a gym sesh.
- 16 MEDITATE** Sit your booty down on a mat, the floor, or the couch and close your eyes for a few minutes this morning. Listen to your breath. Most of us are stressed out by our modern lifestyles and busy lives. Meditation can bring some much needed stillness and rest to our overly active minds.
- 17 INBOX** Get a handle on your inbox. Spend 30 minutes deleting or responding to emails in your inbox. Aim for zero inbox by the end of the week.
- 18 MEAL PLAN** Plan a week's worth of healthy meals. Shop for them. Cook them. Eat them!
- 19 CHECK IT OFF** Do something that's been on your to-do list for more than a few weeks.
- 20 TIDY DESK** Tidy up your desk. File away clutter, recycle/shred documents you no longer need, dust off the space.
- 21 SELF-CARE** Commit to spending 30 minutes tonight doing something for you! Take a quiet walk or bath.
- 22 NO SPEND DAY** Today is a no spending day. Don't spend any money. Track how much money you saved today by not spending. \$\$\$
- 23 DIGITAL DETOX DAY** Put away the laptops, iPads, and iPhones. Eyes up, phones down, hearts open.
- 24 GREEN SMOOTHIE** Blend 1 cup of spinach, 1 frozen banana (sliced), ¼ cup of greek yogurt, and ½ cup of coconut water to start your morning off to a healthy start. Feel free to adjust the ingredients to your liking.
- 25 ADVENTURE** Take a hike on a new trail, book a new camping adventure, enjoy the fresh air.
- 26 TRY A NEW RECIPE** Make a healthy new recipe for dinner tonight!
- 27 TAKE YOUR SUPPLEMENTS** Get in the habit of taking daily supplements. Not sure where to start? Check out burbankfitnessclub.com for our personal recommendations.
- 28 BUDGET** Make (or look at) your budget today. What can you eliminate?
- 29 JOURNAL** Spend 30 minutes today writing in your journal. Stuck? Make a list of 5 things you are grateful for.
- 30 REFLECT** Spend 30 minutes thinking back on the past month's challenges. What resonated with you? What healthy habits will you be incorporating into your daily life?