



Endless Energy

- Are you exhausted and running on empty? Nearly 60% of Americans are physically drained and emotionally depleted.
- The things you do either energize you or drain you. Choose wisely. You don't have to be tired or stressed all the time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2 Take inventory. What is draining your energy? Make a change.	3	4 Stop drinking energy drinks!	5
6	7 Keep high-protein snacks handy: nuts or nut butter, Greek yogurt, turkey, no-bake energy bites, hummus.	8	9 Wash a can of chickpeas. Roll in a dry towel. Toss in olive oil and season. Bake at 425° for 20 minutes.	10	11 Post positive affirmations or inspiring pictures where you can see them.	12
13	14 Get plenty of fresh air and sunshine.	15	16 Don't skip breakfast. Start your day with protein and high-fiber foods.	17	18 Listen to your favorite tunes, and sing along.	19
20	21 Stay hydrated. Your urine should have very little color.	22	23 Use energizing aromatherapy. Diffuse citrus, cinnamon or peppermint oil.	24	25 Get up! MOVE your body! Stretch!	26
27	28 Limit highly processed foods and simple sugars.	29	30 Add a live green plant to your workspace.	1	2	3

EATWell

Replace one of your caffeine drinks with a high-protein snack.



MOVEWell

Feeling sluggish? Take a 5-minute energy break to increase your heart rate.



LIVEWell

Fuel your tank. Do something you enjoy at least once a day.

