**JUNE HEALTHY HABITS CALENDAR**

**JUNE 1**
Go for a 30-minute walk with your friends, family, or four-legged pal!

**JUNE 2**
Stay hydrated! Drink water with all three meals.

**JUNE 3**
Self-care, skincare! Wash your face, moisturize & don't forget sunscreen!

**JUNE 4**
Take a hike at a Texas State Park.

**JUNE 5**
Get some sleep! Try to get eight full hours of sleep tonight.

**JUNE 6**
Check out the It's Time Texas summer schedule of free, virtual physical activity classes!

**JUNE 8**
Share a pic of your workout & use #SweetSummerHabits in your social media post & tag @itstimetexas for a chance to win some swag.

**JUNE 9**
Cook a brain-boosting breakfast of oatmeal or eggs.

**JUNE 11**
It's Family Health & Wellbeing Fitness Day! Participate in an It's Time Texas virtual group fitness class with the whole family.*

**JUNE 13**
How are you fueling your body? Take a look at the nutrition labels on your food—look for low sodium, and take note of the serving size & calories.

**JUNE 14**
Want more accountability? Register for It’s Time Texas telehealth coaching. A free, confidential service that can help you conquer your health goals.**

**JUNE 10**
Start a “gratitude journal.” Each day, write down one thing you are grateful for!

**JUNE 15**
Get your steps in by taking a walk at your favorite park.

**JUNE 16**
Meditate: Listen to a playlist that relaxes you & focus on your breathing for 30 minutes.

**JUNE 17**
Take stretching breaks throughout the day! Set a reminder to stretch 5–10 mins per break.

**JUNE 18**
Farmers Market Day! Head to your local farmers market & try a new fruit or veggie.

**JUNE 20**
Time to workout! Take 30 minutes today to participate in your favorite physical activity.

**JUNE 22**
Dance it out! Play some music & enjoy dancing to your favorite playlist.

**JUNE 24**
Clean! Spend time cleaning your room & house, donating items you no longer need or use.

**JUNE 25**
Spend time outside! Swim, go for a walk, or plant a garden in your backyard!

**JUNE 26**
Meal prep for the upcoming week! Plan out next week’s meals & start prepping so you can easily make healthy choices on weekdays.

**JUNE 27**
Help cook dinner tonight. Make something healthy & colorful! The more color, the better!

**JUNE 28**
Thinking about your upcoming July habits? Utilize It’s Time Texas telehealth coaching program to keep you on track for your goals!**

**JUNE 29**
Get some cardio in today by attending an It’s Time Texas virtual cardio and strength class.*

**JUNE 30**
Bedtime reflection: Before going to sleep, reflect on the past 30 days & plan your healthy habits for July!

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*Free Virtual It’s Time Texas Physical Activity Classes:

**Free It’s Time Texas Telehealth Coaching:

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its_timetexas.org
SWEET SUMMER HABITS CAMPAIGN SCORE SHEET

Name: ____________________________________________________                                          Email: ________________________________________________

Phone Number: ___________________________________________                                                   Challenge another family for friendly competition!

Keep track of your activities weekly.

EXERCISE – Attend an It’s Time Texas virtual exercise class
5 points per class

HEALTH SUPPORT – Register and participate in at least one session with our Telehealth Coaching program
3 points for registration;
3 points per session

HYDRATION – Drink your daily water intake (half your weight in oz)
3 points per day

SELF-CARE – Go for a walk or practice a self-care activity (meditation, listen to music, etc.)
3 points per 30 minutes

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Email your completed Score Sheet to summer@itstimetexas.org by 11:59PM on 7/10/2022 for your chance to win a prize.