

February

Healthy Eating

2024

Take a picture while you are completing one of the activities this month and send it to HR@LunchtimeSolutions.com. All picture entries will be entered into a drawing for a prize at the end of the month. And you might even be featured in the newsletter!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Eat no more than 25 grams of sugar.	2 Avoid all soft drinks	3 Avoid eating out. Prepare and eat food from home.
4 No alcohol.	5 Eat a green salad.	6 Drink ½ your body weight in ounces of water.	7 No fast food of any kind.	8 Eat no more than 25 grams of sugar	9 Make a new healthy recipe.	10 Eat at least 25 grams of fiber
11 Go meatless today	12 Eat a green salad	13 Eat at least 3 servings of fruit.	14 Drink ½ your body weight in ounces of water.	15 Make a new healthy recipe.	16 Eat a peach	17 Avoid all soft drinks
18 Make a healthy dessert	19 No fast food of any kind	20 No alcohol.	21 Eat 5 servings of veggies	22 Drink ½ your body weight in ounces of water.	23 Eat no more than 25 grams of sugar	24 Eat a green salad
25 Eat at least 3 servings of fruit	26 Make a new healthy recipe	27 Avoid eating out today.	28 Eat 5 servings of veggies	29 Eat an apple		

Mindful March

Lunchtime's Wellness Team challenges you to focus on your emotional wellness this month.

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2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Come up with a mantra that motivates you. Write it on an index card and hang it up	2 Sit quietly for 10 min. think about relaxing each of your body parts
3 Do some feel-good yoga poses	4 Journal for 15 minutes	5 Create a playlist that helps you calm down for the week.	6 Go for a 15-30 minute walk/run without tunes.	7 Read a book for fun for at least 20 minutes	8 Do your favorite workout and use your mantra during it.	9 Watch a full sunrise or sunset.
10 Set a timer and take 10 deep breaths at the top of every hour.	11 Go online and find 10 quotes that inspire you.	12 Sit quietly for 10 min. Think about relaxing each of your body parts.	13 Do some feel-good yoga poses	14 Unplug for at least 4 hours.	15 Journal for 15 minutes.	16 Go for a 20-30 minute walk/run without tunes.
17 Read a book for at least 20 minutes	18 Find a quiet place to color or draw for at least 15 minutes	19 Set a timer and take 10 deep breaths at the top of every hour	20 Make a goal of what mindful practice you want to do every day this week	21 Listen to music in a quiet room for 20 minutes	22 Set a timer and take 10 deep breaths at the top of every hour	23 Find a quiet place and color or draw for at least 15 minutes
24 Unplug for at least 4 hours.	25 Sit quietly for 10 minutes. Think about relaxing each part of your body	26 Watch a full sunrise or sunset.	27 Go for a 20-30 minute walk/run without tunes.	28 Read a book for at least 20 minutes	29 Do some feel-good yoga poses	30 Write 5 things you are grateful for this week.
31 Find a quiet place to color or draw for at least 15 minutes						

April

Financial Literacy 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Write a budget plan	2 Find ways to cut down on your grocery bill	3 Sell something you are no longer using.	4 Pay in cash and put the extra change in a piggy bank.	5 Learn about investing	6 Start a spending journal to track your expenses.
7 Start an emergency fund.	8 Audit your subscriptions. Are you paying for something you are not using?	9 Learn basic finance terms.	10 No extra spend day.	11 Plan to save for a family trip.	12 Contributing to your 401(k)? If not, start to do that.	13 Find out what your credit score is.
14 Play a money-based board game. (Monopoly, The Game of Life, Risk, Payday)	15 Donate to charity.	16 Pay in cash and put the extra change in a piggy bank.	17 Read an article about money management.	18 No extra spend day.	19 Plan your holiday and birthday gift budget.	20 Set up auto pay for your bills. This will help avoid any late fees.
21 Keep track of all your spending this week.	22 No extra spend day	23 Listen to a podcast about money management.	24 Write a savings plan for future large purchases.	25 Sell something you are no longer using.	26 Take your piggy bank to the bank and make a savings account deposit.	27 Teach your kids about money management.
28 Write down 3 short term savings goals.	29 No extra spend day	30 Put \$10 in your savings account				