

# Healthy Steps Calendar

Write down one positive change you have made each day.

A positive change can be anything from drinking water instead of soda, skipping dessert, taking the stairs instead of the elevator...anything that will improve your health in a positive way!

**Month:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

## Goals

Write down just 3 goals you want to achieve this month.

Remember, it doesn't have to be huge. Something small and attainable!

1	
2	
3	

How many goals did you achieve? 

0	1	2	3
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