

January 2026

Healthy Habits Challenge

This New Year try creating new healthy habits for yourself and family through meal planning. Planning meals ahead of time can not only help you to meet your health goals but it can also help save you time and money.

For this month's challenge, start where you're at. If you are not currently meal planning, try starting with one meal a day to plan about one week in advance. Meal planning is flexible and can be done to meet your needs. You pick the number of meals each day, each week, or even just for the weekend that you want to plan for.

For this challenge mark each day that you complete at least one meal plan.

Name _____ Department _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Meal Plan: _____	2 Meal Plan: _____	3 Meal Plan: _____
4 Meal Plan: _____	5 Meal Plan: _____	6 Meal Plan: _____	7 Meal Plan: _____	8 Meal Plan: _____	9 Meal Plan: _____	10 Meal Plan: _____
11 Meal Plan: _____	12 Meal Plan: _____	13 Meal Plan: _____	14 Meal Plan: _____	15 Meal Plan: _____	16 Meal Plan: _____	17 Meal Plan: _____
18 Meal Plan: _____	19 Meal Plan: _____	20 Meal Plan: _____	21 Meal Plan: _____	22 Meal Plan: _____	23 Meal Plan: _____	24 Meal Plan: _____
25 Meal Plan: _____	26 Meal Plan: _____	27 Meal Plan: _____	28 Meal Plan: _____	29 Meal Plan: _____	30 Meal Plan: _____	31 Meal Plan: _____

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **February 6th**

