

January 2026

Refresh Challenge

Happy New Year!

Try to start this New Year off refreshed and connected. During this month's challenge try to complete as many of the daily suggestions listed below as possible. At the end of the month be sure to review the days you completed and reflect on the progress you've made! Mark each day that you complete the suggested task.

Name _____ Department _____

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|---|--|--|
| | | | | 1 Start a food journal to become more mindful of foods you eat | 2 Set a non scale nutrition goal for the month | 3 Practice mindful eating today |
| 4 Plan out your meals for this week | 5 Go for a 10 minute walk after a meal | 6 Enjoy a meal with a lean protein such as chicken breast, tofu, fish, etc. | 7 Enjoy an in-season citrus fruit | 8 Avoid distractions while you eat today | 9 Try a new vegetable | 10 Try adding a different herb or spice to a meal |
| 11 Listen to your body's hunger cues on when to eat | 12 Use a water bottle or water cup to stay hydrated throughout the day | 13 Make a healthy substitution to a recipe | 14 Try a snack that's high in protein | 15 Go for a 10 minute walk after a meal | 16 Try a gut healthy food such as Kombucha, Kimchi, Miso, Kefir, etc. | 17 Happy National Popcorn Day! Enjoy a popcorn treat! |
| 18 Enjoy a meal with a lean protein such as chicken breast, tofu, fish, etc. | 19 Add your favorite vegetable to a new recipe | 20 Go for a 10 minute walk after a meal | 21 Be mindful of the amount of caffeinated beverages consumed today | 22 Enjoy a colorful meal | 23 Enjoy a nourishing high protein breakfast | 24 Try to eat a variety of colorful foods |
| 25 Try a gut healthy food such as Kombucha, Kimchi, Miso, Kefir, etc. | 26 Make a healthy substitution to a recipe | 27 Practice mindful eating today | 28 Go for a 10 minute walk after a meal | 29 Enjoy an in-season citrus fruit | 30 Listen to your body's hunger cues on when to eat | 31 Appreciate the progress you made this month! |

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

