

February

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
	Drink 1 big glass of water immediately after you wake up.	Include a vegetable at breakfast.	Get in bed in time to allow for 8 hours of sleep.	Write down 3 things on your to do list to get done today.	Sit down for dinner without distraction.	Read for 5 minutes.
7	8	9	10	11	12	13
Chew your food at dinner. 30 chews per bite minimum.	Get outside for a 10 minute walk.	Snack on a piece of fruit.	Put your fork down between each bite.	Include a vegetable at breakfast and lunch.	Avoid all artificial sweeteners.	Stretch for 10 minutes.
14	15	16	17	18	19	20
Put your phone away 60 minutes before bed.	Enjoy a treat in moderation.	Do something active before 12pm.	Snack on a vegetable.	Read a book or article for 30 minutes.	Plan out what you are going to eat for the next day.	Drink a minimum of 3 water bottles today.
21	22	23	24	25	26	27
Eat a vegetable with every meal.	Phone a friend. Not text. Pick up the phone and talk to a friend.	Eat a source of lean protein for at least 3 dinners this week.	Drink 100 oz of water.	Try a new healthy recipe.	No Netflix tonight. Read, play a game, organize a room.	Make/prep all of your food today, avoid going out to eat at all.
28						
Write down your goals for the month of March.						

Here are the details of your wellness challenge for the month of February. All you have to do is accomplish the one task for the day and tick it off once completed! If you miss a day, no worries, just get right back on track.

We would love to see you participate in this challenge, so feel free to post the task of the day on your instagram story and tag us in it! Use the hashtag #februarychallenge and tag us with @spineworks.media so we can be sure to see and repost your stories. We are excited to take on these challenges with you and who knows, maybe you can convince a family member or two to join in the fun!

FEBRUARY 1

Drink 1 big glass of water immediately after you wake up.

→ You are made up of 70% water, so chances are you aren't getting enough water in regularly.. So drink up!

FEBRUARY 2

Include a vegetable at breakfast.

→ Micronutrients are so important, so let's start the day off with the little details that matter.

FEBRUARY 3

Get in bed in time to allow for 8 hours of sleep.

→ Sleep matters. You know that saying "I'll sleep when I'm dead?" Well lack of sleep is going to get you there a lot quicker. Organize your day to get enough sleep tonight!

FEBRUARY 4

Write down 3 things on your to do list.

→ Sometimes all it takes to get things done is to physically write them down and then tick them off the list when they are completed.

FEBRUARY 5

Sit down for dinner without distraction.

→ When is the last time you sat down and ate dinner without the TV on or your phone in front of your face? Mindful eating can help aid in digestion and who knows, it might be nice to have a conversation with the family with no screens out.

FEBRUARY 6

Read for 5 minutes.

→ We want you to sit down and read for 5 minutes, and no we don't mean read instagram captions. Read a chapter of a book, or an article, educate yourself or get lost in another world.

FEBRUARY 7

Chew your food at dinner. 30 chews per bite minimum.

→ Quit eating like your food is going to get snagged out from under you before your finished with it. Take your time to chew your food, enjoy the taste, and don't rush to finish it.

FEBRUARY 8

Get outside for a 10 minute walk on a rest day.

→ If you have followed us on social media at all, you know we cannot advocate enough for the positive impact fresh air has on a person. So get outside and quit using the rain or cold weather as an excuse to stay inside and watch Netflix.

FEBRUARY 9

Snack on a piece of fruit.

→ It's simple enough, grab a piece of fruit, any fruit, and eat it.

FEBRUARY 10

Put your fork down between each bite.

→ Now this will be a challenge. We aren't asking you to do this for a week or a month, just one day where you take the time to eat S-L-O-W-L-Y.

FEBRUARY 11

Include a vegetable at breakfast and lunch.

→ Throw some spinach in your smoothie, chop up some peppers for your omelette, throw together a salad for lunch. Doesn't have to be complicated to eat your veggies.

FEBRUARY 12

Avoid all artificial sweeteners.

→ The key word is artificial- it isn't natural. Take today to stick to no sweeteners, or if you need one make sure it is a natural sweetener. And who knows, maybe this will be a habit you'll want to stick too!

FEBRUARY 13

Stretch for 10 minutes.

→ Not sure what stretches to do? Lucky for you YouTube has hundreds of free tutorials to bring you through a series of stretches. So go get after it!

FEBRUARY 14

Put your phone away 60 minutes before bed.

→ Don't just pretend to do it, actually set your alarm, clear your notifications, plug in your phone beside your bed and then leave the room to enjoy your last hour before bed without your phone.

FEBRUARY 15

Enjoy a treat in moderation.

→ Find the balance. Don't eat the whole box of chocolates, but enjoy one or two in moderation.

FEBRUARY 16

Do something active before 12pm.

→ Start your day with a walk, hit a workout before lunch, stretch in the living room with your kids. Get your body moving before noon.

FEBRUARY 17

Snack on a vegetable.

→ Cut up some carrots, roast some broccoli, chomp on some snap peas. It really isn't difficult or that horrible- just reach for the veggies instead of the cookie today.

FEBRUARY 18

Read a book or article for 30 minutes.

→ I know I know, this is a lot longer than the previous 5 minute challenge. But you can do it. Set your timer for 30 minutes, put your phone on airplane mode and sit down and read. It's good for you, so just do it.

FEBRUARY 19

Plan out what you are going to eat for the next day.

→ Often times we end up making poor food choices because we aren't prepared. Write down on a paper or in your phone what meals and snacks you are planning on having for the next day. A little hint, always pack an extra snack (almonds, an apple, some beef jerky) so that if you get a little more hungry than you expected you'll have your emergency snack on hand.

FEBRUARY 20

Drink a minimum of 3 water bottles today.

→ This is pretty straight forward. Throughout the day take your water bottle, fill it up and drink it.

FEBRUARY 21

Eat a vegetable with every meal.

→ It can only benefit you to have more veggies today. So chop them up, saute them, roast them, blend them, do whatever you need to in order to get them in each meal today.

FEBRUARY 22

Phone a friend.

→ Not text. Not email. Pick up the phone and talk to a friend.

FEBRUARY 23

Eat a source of lean protein for at least 3 dinners this week.

→ White-fleshed fish, plain greek yogurt, chicken, shrimp, egg whites, bison. Here are just a few ideas to get you inspired for cooking with some lean proteins this week.

FEBRUARY 24

Drink 100 oz of water.

→ Are you noticing a trend? Drink your water!

FEBRUARY 25

Try a new healthy recipe.

→ google it, look on pinterest, ask that healthy friend you have, find a new recipe and whip it up for breakfast, lunch or dinner.

FEBRUARY 26

No Netflix tonight. Read, play a game, organize a room.

→ It's simple really, don't click the power button on the remote at all tonight, because as soon as you do it'll be that much harder to be motivated to do something else.

FEBRUARY 27

Make/prep all of your food today, avoid going out to eat at all.

→ Be organized, pack enough food, make your coffee at home. Don't spend a single dollar on food today.

FEBRUARY 28

Write down your goals for the month of March.

→ Just because February is done, doesn't mean your health and wellness journey needs to be done. Write down your goals and keep crushing 2021!