

# 30 DAYS for KYLI

## Goal Ideas

*Here are a few ideas of what you might want to do for our September Spirit /Health Raiser. Whatever you do just try to make your goal specific and attainable. Good luck in your healthy quest.*

- Walk a mile or two everyday
- Try to drink 6-8 glasses of water daily
- Get 8 hours sleep per night
- Give up or limit your sweets to a specific amount for Sept.
- Try 3-5 minutes of meditation each day
- Try to lose 3-5 pounds this month
- Have a healthy breakfast each morning
- See how many days you can get to the gym this month
- Give up and or limit Coffee, Soda and or Alcohol
- Try a different form of exercise – Yoga- Tai Chi – Pilates
- Try to let go of anger each day
- Plan healthy meals daily
- Do some light stretching each day
- Pray!

*These are just a some options. Have fun and maybe brainstorm with Family and Friends. Choose and or create something that really speaks to you. You're going to do great things!*