

JUNE HEALTHY HABITS CALENDAR

JUNE 1

Go for a 30-minute walk with your friends, family, or four-legged pal!

JUNE 2

Stay hydrated! Drink water with all three meals.

JUNE 3

Self-care, skincare! Wash your face, moisturize & don't forget sunscreen!

JUNE 5

Get some sleep! Try to get eight full hours of sleep tonight.

JUNE 6

Check out the It's Time Texas summer schedule of free, virtual physical activity classes!*

JUNE 8

Share a pic of your workout & use #SweetSummerHabits in your social media post & tag @itstimetx for a chance to win some swag.

JUNE 9

Cook a brain-boosting breakfast of oatmeal or eggs.

JUNE 4

Take a hike at a Texas State Park.

JUNE 11

It's Family Health & Wellbeing Fitness Day! Participate in an It's Time Texas virtual group fitness class with the whole family.*

JUNE 7

Register for an It's Time Texas MixedFit virtual class!*

JUNE 14

Want more accountability? Register for It's Time Texas telehealth coaching. A free, confidential service that can help you conquer your health goals.**

JUNE 10

Start a "gratitude journal." Each day, write down one thing you are grateful for!

JUNE 16

Meditate: Listen to a playlist that relaxes you & focus on your breathing for 30 minutes.

JUNE 12

Eat your veggies! Make sure you have a side of veggies with your lunch & dinner today.

JUNE 13

How are you fueling your body? Take a look at the nutrition labels on your food—look for low sodium, and take note of the serving size & calories.

JUNE 15

Get your steps in by taking a walk at your favorite park.

JUNE 17

Take stretching breaks throughout the day! Set a reminder to stretch 5-10 mins per break.

JUNE 18

Farmers Market Day! Head to your local farmers market & try a new fruit or veggie.

IT'S TIME TEXAS'

JUNE 20

Time to workout! Take 30 minutes today to participate in your favorite physical activity.



JUNE 19

Journal: Writing out your thoughts and feelings can do wonders for your mental health.

JUNE 22

Dance it out! Play some music & enjoy dancing to your favorite playlist.

JUNE 21

Today is International Yoga Day! Attend an It's Time Texas free, virtual yoga class to celebrate.*

JUNE 24

Clean! Spend time cleaning your room & house, donating items you no longer need or use.

JUNE 25

Spend time outside! Swim, go for a walk, or plant a garden in your backyard!

JUNE 26

Meal prep for the upcoming week! Plan out next week's meals & start prepping so you can easily make healthy choices on weekdays.

JUNE 27

Help cook dinner tonight. Make something healthy & colorful—the more color, the better!

JUNE 28

Thinking about your upcoming July habits? Utilize It's Time Texas' telehealth coaching program to keep you on track for your goals!**

JUNE 29

Get some cardio in today by attending an It's Time Texas virtual cardio and strength class.*

JUNE 30

Bedtime reflection: Before going to sleep, reflect on the past 30 days & plan your healthy habits for July!

*Free Virtual It's Time Texas Physical Activity Classes:



**Free It's Time Texas Telehealth Coaching:



This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

itstimetexas.org



SWEET SUMMER HABITS CAMPAIGN SCORE SHEET

Name: _____

Email: _____

Phone Number: _____

Challenge another family for friendly competition!

Keep track of your activities weekly.
EXERCISE - Attend an It's Time Texas virtual exercise class <i>5 points per class</i>
HEALTH SUPPORT - Register and participate in at least one session with our Telehealth Coaching program <i>3 points for registration; 3 points per session</i>
HYDRATION - Drink your daily water intake (half your weight in oz) <i>3 points per day</i>
SELF-CARE - Go for a walk or practice a self-care activity (meditation, listen to music, etc.) <i>3 points per 30 minutes</i>

June 1	June 2	June 3	June 4	June 5	June 6	June 7	Total	
June 8	June 9	June 10	June 11	June 12	June 13	June 14	Total	
June 15	June 16	June 17	June 18	June 19	June 20	June 21	Total	
June 22	June 23	June 24	June 25	June 26	June 27	June 28	Total	
June 29	June 30						TOTAL POINTS	

Email your completed Score Sheet to summer@itstimetexas.org by 11:59PM on 7/10/2022 for your chance to win a prize.

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