

# Temple Fuel Nutrition 31 Day Get Healthy Challenge

by TempleFuel2018 | Aug 28, 2019 | Nutrition Advice | 0 comments



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## TEMPLE FUEL NUTRITION 31 DAY GET HEALTHY CHALLENGE AUGUST 2019

31 Days filled with tips and ideas on how to live a balanced, healthier life.



## Temple Fuel Nutrition's Get Healthy 31 Day Challenge | August 2019

At Temple Fuel Nutrition, we put together 31 days of actionable tips to help you get healthy, eat well and feel great. Each tip is a step along the journey to a better life.

Print the calendar and stick it on your fridge!

### Temple Fuel Nutrition's Get Healthy 31 Day Challenge Calendar August 2019

<p><b>DAY 1</b> Skip Coffee for the day.</p>			<p><b>DAY 2</b> Clean out your fridge.</p>			<p><b>DAY 3</b> Check out a farmer's market.</p>		
<p><b>DAY 4</b> Prep all your meals for the week.</p>			<p><b>DAY 5</b> Take a walk and say hi to everyone.</p>			<p><b>DAY 6</b> Make a lunch with fresh produce.</p>		
<p><b>DAY 7</b> Join a gym or yoga studio.</p>			<p><b>DAY 8</b> Make an exercise program.</p>			<p><b>DAY 9</b> Focus on how you feel.</p>		
<p><b>DAY 10</b> Get a fitness tracker.</p>			<p><b>DAY 11</b> Go on a healthy picnic.</p>			<p><b>DAY 12</b> Choose one healthy thing to do now.</p>		
<p><b>DAY 13</b> Start a food diary. Record everything.</p>			<p><b>DAY 14</b> Clean and organize your pantry.</p>			<p><b>DAY 15</b> Find a "get healthy" buddy.</p>		
<p><b>DAY 16</b> Cook dinner with your kids.</p>			<p><b>DAY 17</b> Find healthy recipes.</p>			<p><b>DAY 18</b> Listen to a motivating podcast.</p>		
<p><b>DAY 19</b> Break an unhealthy habit.</p>			<p><b>DAY 20</b> Plan a party with a healthy menu.</p>			<p><b>DAY 21</b> Check your spices for freshness.</p>		
<p><b>DAY 22</b> Try a new exercise today!</p>			<p><b>DAY 23</b> Make it game night.</p>			<p><b>DAY 24</b> Find a seasonal U-Pick.</p>		
<p><b>DAY 25</b> Fast for the day. Give your body a rest.</p>			<p><b>DAY 26</b> No white flours or sugars.</p>			<p><b>DAY 27</b> Do's and Don'ts of Clean Eating.</p>		
<p><b>DAY 28</b> Download our Guide!</p>			<p><b>DAY 29</b> Take our Health Assessment.</p>			<p><b>DAY 30</b> Like us on Facebook!</p>		
<p><b>DAY 31</b> You made it! Stay Healthy!</p>								

### Temple Fuel Nutrition is here to help!

We are here with you every step of the way to your best life. We offer [food coaching and weight loss programs](#) and carefully chosen [health products](#). Don't forget about our [Temple Fuel Nutrition Health Assessment!](#)

## I've Developed Fun & Realistic Methods For a Balanced Nutrition

In my [Complete Menu Planning, Shopping & Prep Guide](#), I share with you how you can manage your nutritional needs and make healthy choices. Through proper menu planning and prepping you can bring delicious, healthful choices into every meal. Included you will find valuable resources, tips, a menu planner and a shopping list. With your subscription I will send you my newsletter full of even more ideas, recipes and resources that can help you on your journey!



### Meet Angela Lewis, Professional Nutritional Therapist

Based in Orlando, FL, Temple Fuel provides classes and seminars about healthy eating along with corporate wellness programs and nutrition counseling. With small changes, we can help you improve the Standard American Diet (SAD) through dieting and meal planning.

Visit [Temple Fuel Nutrition](#) to learn more.

Questions? [Contact me today.](#)

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