



# Think Positive

## CHALLENGE

Train your brain to think positive

### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to think positive daily.
3. Use the calendar to record your actions and choices to think positive.
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.

| MONTH:                      |                             |                             |                             |                             |                             |                             | HC = Health Challenge™ ex. min. = exercise minutes |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|--|
| SUNDAY                      | MONDAY                      | TUESDAY                     | WEDNESDAY                   | THURSDAY                    | FRIDAY                      | SATURDAY                    | Weight & weekly summary                            |
| HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ |  |
| HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ |  |
| HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ |  |
| HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ |  |
| HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ |  |

\_\_\_\_\_ Number of days this month I practiced positive thinking  
 \_\_\_\_\_ Number of days this month I exercised at least 30 minutes

### Other wellness projects completed this month:

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Name \_\_\_\_\_ Date \_\_\_\_\_