



mealmentor
By Happy Herbivore

March Madness Challenge

BROUGHT TO YOU BY [GETMEALPLANS.COM](https://www.getmealplans.com) (MEAL MENTOR)

How to Use the Goal Grid:

The challenge kicks off with 1 goal or new healthy habit you want to incorporate.

In the first box, enter a personalized goal or healthy habit (suggestions included below). **This goal or habit will continue on each week through the month**, so write it in the top box in every column across the board.

In the second week, you will add a second goal or healthy habit. Enter it in the green box, under the goal or habit that carried over from week 1.

Things heat up in week 3!

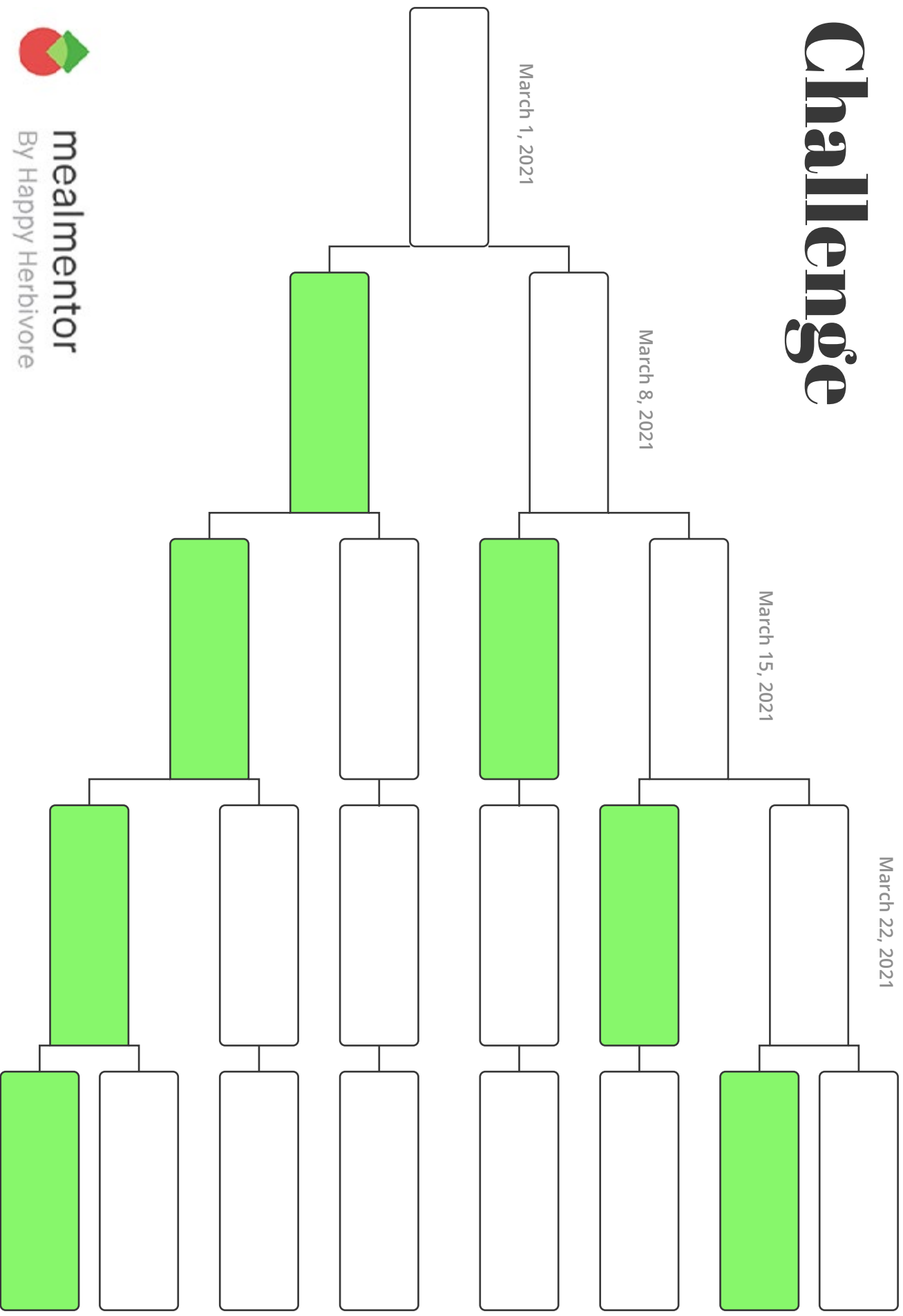
In week 3, you will add TWO more goals or healthy habits, in addition to the two you've already incorporated. Add them into the green boxes under week 2. **All four of these goals or habits will carry over into week 4**, where you will add two more goals or healthy habits.

By the end of the month, you will have successfully incorporated eight healthy habits (or kicked 8 not-so-healthy habits). **That's incredible!**

Suggested Goals:

- drink more water (64-oz daily)
- eat greens/salad 1x a day
- exercise 30 minutes per day
- stretch 5 minutes per day
- no snacking
- hit 5000+ steps daily
- intermittent fasting
- meditation 5 minutes per day
- cut sugar
- cut oil
- cut alcohol
- cut soda
- practice self-love
- 30 minutes quiet time
- stop biting nails
- daily gratitude list
- batch cook meals
- eat vegan
- eat only meal plan meals
- read 10 pages daily
- track calories
- post on Instagram
- declutter/organize/clean
- walk for 30 minutes per day
- journal/write/prayer daily
- foreign language 10 minutes per day
- 10 pushups per day
- limit social media to 1 hour / day

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