

MY 2024 DAILY HEALTH PLANNER

DATE:

M T W T F S S

MY WORD OF THE YEAR IS:
WHAT DOES HEALTH MEAN TO ME?
HOW WILL I FIT MY HEALTH INTO MY DAY?

TO DO LIST

- Choose my word for 2024
- Define what health means to me
- Identify how health will fit in my day
- Move more, sit less
- Drink water
- Plan/prep all meals and snacks
- Sleep and mentally recharge
- Track my steps/physical activity
- Get outside and enjoy nature
- Spend time with friends and family

SCHEDULE

time	activity

MEAL PLAN

water 

breakfast

lunch

dinner

AGENT NOTE

Well hello there, 2024! There is something empowering that comes with the turning of the calendar and starting of a new year. Finding my "Word of the Year" sets the tone for all that I plan to accomplish in the coming 12 months. 2023 was all about STRENGTH...I hope last year gave you the STRENGTH to discover new and exciting ways to improve your health. My word for 2024 is FIT! Now "FIT" can be a noun, verb, or an adjective, and honestly, this year's context is all three. I challenge you to find ways to FIT health into your schedule each day in this new year. You would be surprised how little time we schedule for own health and fitness every 24 hours. I know, because I surveyed our Tarrant County Extension Team! It is quite shocking to see how challenging that can be once we keep a daily health calendar. I hope you find some tips on this planner that will help you FIT health into each day this new year.

SHOPPING LIST

- DAIRY
- FRUITS
- PROTEIN
- VEGETABLES
- WHOLE GRAINS