

12 Steps to Transformational Health



Many New Year's resolutions revolve around getting healthy. However, if your resolution is too broad or too strict it can be hard to follow through. The best way to achieve optimal health is to start forming new habits that allow you to reach your goals, and we're here to help!

How to get started:

Step 1: Start by writing down your goals.

Step 2: Decide what steps you want to take to achieve your goals. Make sure these are manageable steps that you can focus on for 1 month at a time. Think about lifestyle changes that will form new habits.

*Need help with step 2? Check our suggestions on the back of this sheet!

Step 3: Assign a step to each month of the year.

*You don't need to fill this all out at once, you can do it a few months at a time.

Step 4: Work towards your goals.

Step 5: Celebrate small victories!

My health goals for 2022:

January	February	March	April	May	June
July	August	September	October	November	December

Here are some ideas to help you get started. Remember that every month can be a fresh start, so don't give up if you have a hard month! **Here's to a healthy year!**

- Exercise at a gym or at home
- Go on a daily walk
- Regular chiropractic care
- Try intermittent fasting
- Once/week 24 hour fasting
- Get a blood draw w/ Dr. Burtis
- Stretch 15 minutes/day
- Stop or cut back on soda
- More home-cooked meals
- Start supplements
- Cut back on/cut out fast food
- Meal prep once/week
- Drink less alcohol/sugary drinks
- Eat more protein/veggies
- Cut back on sugars/processed foods
- Start eating more organic foods
- Go to bed and wake up around the same time every day
- Wake up 15-30 minutes earlier
- No snacking between meals
- Establish a healthy bedtime routine - no food 4 hours before bed, no screen time 2 hrs, reading, white noise
- Start every day by journaling 3 things you're grateful for
- Read every day
- Yoga classes or at home yoga
- Create a cleaning schedule (involve kids)
- Quit/cut back on smoking
- Exercise your brain - crosswords/puzzles
- Drink 8 glasses of water/day
- No screen time 2 hours before bed
- Volunteer locally
- Make your bed every morning



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