

# 31 Days of easy healthy choices

 <p>Take Shakeology® on the go. Or to work. Or on vacation. Shakeology® Convenience Pack now available</p> <p>shakeology 24 single-serve packets</p>			<p>Day 1</p> <p>Get up and moving for 15 minutes</p>	<p>Day 2</p> <p>Don't eat fast food today</p>	<p>Day 3</p> <p>Drink Shakeology – try chocolate or greenberry</p>	<p>Day 4</p> <p>Walk around the block or if you have dogs, take them for a walk</p>
<p>Day 5</p> <p>Eat organic foods</p>	<p>Day 6</p> <p>Start a new workout program Can find a variety of them at <a href="http://www.beachbodycoach.com/taraburner">www.beachbodycoach.com/taraburner</a></p>	<p>Day 7</p> <p>Don't drink soda today</p>	<p>Day 8</p> <p>Take a bike ride</p>	<p>Day 9</p> <p>Keep track of what you eat today-write it down</p>	<p>Day 10</p> <p>Don't drink alcohol today</p>	<p>Day 11</p> <p>Go for a jog or run</p>
<p>Day 12</p> <p>Don't eat processed foods today</p>	<p>Day 13</p> <p>Try the 10 minute workout <a href="http://www.budurl.com/10minuteworkout">www.budurl.com/10minuteworkout</a></p>	<p>Day 14</p> <p>Try a new healthy recipe</p>	<p>Day 15</p> <p>Find an accountability partner</p>	<p>Day 16</p> <p>Curb cravings by asking which you want more-the food or good health</p>	<p>Day 17</p> <p>Take a yoga or pilates class</p>	<p>Day 18</p> <p>Mow the grass, shovel snow, do yard work-get outside and enjoy the weather</p>
<p>Day 19</p> <p>Go meatless today</p>	<p>Day 20</p> <p>Enter the daily workout contest for cash/prizes <a href="http://www.budurl.com/beachbodycontests">www.budurl.com/beachbodycontests</a></p>	<p>Day 21</p> <p>Get up &amp; stretch while at work, stuck at desk</p>	<p>Day 22</p> <p>Drink Shakeology-try chocolate or greenberry</p>	<p>Day 23</p> <p>Don't eat refined sugar today</p>	<p>Day 24</p> <p>Stay hydrated-drink plenty of water</p>	<p>Day 25</p> <p>Go for a bike ride-enjoy the scenery (watch out for traffic)</p>
<p>Day 26</p> <p>Stay focused on your health/weight goals-keep working to achieve them!</p>	<p>Day 27</p> <p>Become a coach so you can get 25% off your products &amp; earn money <a href="http://www.startyourfitnessbusiness.com">www.startyourfitnessbusiness.com</a></p>	<p>Day 28</p> <p>Try a new fruit or vegetable today that you've never had before</p>	<p>Day 29</p> <p>Listen to some music &amp; dance-get that body moving!</p>	<p>Day 30</p> <p>Get ChaLEAN extreme workout! <a href="http://budurl.com/getchalean">budurl.com/getchalean</a></p>	<p>Day 31</p> <p>Enjoy yourself-you put in a great month-relax, have fun!</p>	