

30-Day Heart Challenge

Even the smallest of changes can add up to make a big impact. Over the next 30 days, commit to doing something for the health of your heart each day. Post this somewhere you can see it to be reminded daily, and each day that you do a heart-healthy activity, put an “x” on the calendar. **Can you fill the entire calendar? Your heart will love you for it!**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30					
						

Here are some ideas:

- Go for a 10-minute walk
- Eat an extra fruit or vegetable
- Meditate for five minutes
- Call a friend to chat and laugh
- Dance to your favorite music
- Go for a bike ride
- Take the stairs instead of the elevator
- Enjoy a virtual or self-guided yoga session
- Work in your garden
- Play tennis
- Go for a hike
- Play golf without a golf cart
- Choose oatmeal for breakfast
- Substitute seafood for red meat
- Write down three things for which you're grateful
- Cut one soda out of your day
- Have tea instead of a sugary coffee drink
- Skip one alcoholic beverage
- Indulge in only one piece of dark chocolate
- Park your car farther away to get more steps
- Other: _____
- Other: _____

Stanford Health Care Heart Health Centers

General Cardiology, Stanford South Asian Translational Heart Initiative (SSATHI), and Women's Heart Health • 650-723-6459

Heart Failure, Cardiac Transplant, and Mechanical Circulatory Support • 650-724-4942

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To learn more visit stanfordhealthcare.org/hearthealthy