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!

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 8</td>
<td>Day 9</td>
<td>Day 10</td>
<td>Day 11</td>
<td>Day 12</td>
<td>Day 13</td>
<td>Day 14</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 15</td>
<td>Day 16</td>
<td>Day 17</td>
<td>Day 18</td>
<td>Day 19</td>
<td>Day 20</td>
<td>Day 21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 29</td>
<td>Day 30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Interventional Cardiology • 650-725-2621

Vascular and Endovascular Care • 650-725-5227

To learn more visit stanfordhealthcare.org/hearthealthy