

## PICK ONE ACTIVITY PER DAY.

### NUTRITION

- ☐ Get 30-30-30! That is 30 grams of protein for Breakfast, Lunch, and Dinner

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- ☐ Have cold brew or hot coffee with protein
- ☐ Visit a farmers market and pick up fresh fruit and veggies
- ☐ Meal prep dinners for one week
- ☐ Create an eating schedule
- ☐ Take your protein shake on the go
- ☐ Introduce UNJURY to a friend
- ☐ Make a protein pancake for breakfast
- ☐ Add vegetables to breakfast, lunch, and dinner
- ☐ Try a Dish from [bariatric-surgery-recipes.pdf](http://bariatric-surgery-recipes.pdf) ([mayoclinichealthsystem.org](http://mayoclinichealthsystem.org))
- ☐ Buy a new recipe book, or check one out of the library
- ☐ Make Protein Waffles
- ☐ Make Protein Truffles
- ☐ Go apple picking
- ☐ Share a healthy recipe that you love on UNJURY Cares

### EXERCISE

- ☐ Join the UCrew Walk from Obesity Team - Walk with a group on Sept. 25th

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- ☐ Go to a yoga class
- ☐ Try an Online Small Group Class: Phoenix Fitness Denver - Geof@ Phoenix Fitness Denver (email [geof@phoenixfitnessdenver.com](mailto:geof@phoenixfitnessdenver.com))
- ☐ Play outside with your child or grandchild
- ☐ Dance for 3 songs in a row
- ☐ Stretch for 10 minutes
- ☐ Go for a hike
- ☐ Try one personal training session. Recommend - Heather Meek [fitcoachheather1@gmail.com](mailto:fitcoachheather1@gmail.com) or text 651.253.4034
- ☐ Go for a swim, or water aerobics class
- ☐ Try Easy at Home Exercises - Youtube video with Cynthia Dales
- ☐ Take a bike ride or ride stationary bike
- ☐ Learn 5 Tai Chi moves
- ☐ Play an active video game - Xbox tennis
- ☐ Walk or run a 5k
- ☐ Paddle! Try kayaking, canoeing, Paddleboarding or Stationary Rowing
- ☐ Take a CrossFit class

TURN OVER FOR MORE





## MENTAL HEALTH & SELF-CARE

- ☐ Watch Dr. Paul Davidson video – Episode 15: Support & Accountability

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- ☐ Meditate for 10 minutes
- ☐ Write in a journal using this prompt - "I feel my best when..."
- ☐ Write yourself a thank you note
- ☐ Practice breathing exercises for 5 minutes
- ☐ Do a digital detox - no screen time for one day
- ☐ Take a bubble bath
- ☐ Offer to do something for someone else
- ☐ Wake up early and watch the sunrise
- ☐ Watch a motivational Ted Talk
- ☐ Get a massage
- ☐ Make a vision board
- ☐ Write down 10 things you are grateful for
- ☐ Do something creative - paint, write a poem, go on a photography walk
- ☐ Ask for help with something - be specific
- ☐ Work on a project: plant a garden, deep clean a room, reorganize your closet

## ADD YOUR OWN

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## SUPPORT SYSTEM

- ☐ Make a new friend in the UNJURY Cares Facebook Group

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- ☐ Call your dietitian and book an appointment
- ☐ Host a small gathering - ask everyone to bring a healthy dish to share
- ☐ Volunteer with a bariatric clinic. Offer to be a bariatric patient mentor
- ☐ Attend a support group meeting
- ☐ Book an appointment with a therapist/mental health counselor
- ☐ Read a self-help book (Recs: Katie Jay MSW and Susan Macey, PhD)
- ☐ Watch Dr. Paul Davidson video - Episode 15: Support and Accountability"
- ☐ Share your weight loss story on UNJURY Cares
- ☐ Post before and after picture #TransformationTuesday on UNJURY Cares
- ☐ Check in with someone on your healthcare team
- ☐ Invite a friend to walk with you
- ☐ Tell a family member about your weight loss journey
- ☐ Attend an Overeaters Anonymous Meeting
- ☐ Attend a community or worksite wellness event
- ☐ Reconnect with an old friend