



TIFR

FIT 4

LIFE

**Wellness
Pledge
Calendar**

01 I will eat at least 1 meal with my family. 	02 I shall nurture a hobby. 	03 I will do min 30 mins of exercise a day. 	04 I will eat breakfast and leave for work. 	05 I will eat at least two fruits a day. 
06 I will sleep at least 7-8 hrs a day. 	07 I will eat a bowl of veg. Salad @ meal time. 	08 I will not eat fried food today. 	09 I will get adequate Exposure to sunlight 	10 I will dine two hours prior to bedtime. 
11 I will drink only 1 cup of tea/coffee in a day. 	12 I will not eat any packaged food such chips 	13 I will eat a fistful of nuts & dry fruits in between meals. 	14 I will eat all my meals at regular time. 	15 I will read nutrition facts label On food packs. 
16 I will consume 2.5 liters of water 	17 I will speak up if I feel depressed. 	18 I will not consume any white sugar. 	19 I will eat half portion of my meals as vegetables. 	20 I will avoid elevators and take steps instead. 
21 I will do yoga meditation for relaxation. 	22 I will eat green leafy vegetable. 	23 I will stay away from IT gadgets close to bedtime. 	24 I will eat more from nature & less from a packet. 	25 I will drink water/fresh juice & avoid cold drinks. 
26 I will avoid caffeine & nicotine. 	27 I will not dessert after or with dinner. 	28 I will stop eating once I feel 75% full. 	29 I will manage my anger. 	30 I will think & act positively. 

HAPPY & HEALTHY NEW YEAR 2022