

January 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Drink eight glasses of water



MOVEMENT GOAL:

e.g. Walk 10,000 steps



MINDFULNESS GOAL:

e.g. Think of three things I'm grateful for

MON	TUES	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
8	9	10	11	12	13	14
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
15	16	17	18	19	20	21
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
22	23	24	25	26	27	28
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
29	30	31				
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐				

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06.12.23

February 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Eat five servings of veggies



MOVEMENT GOAL:

e.g. Learn yoga moves on YouTube



MINDFULNESS GOAL:

e.g. Meditate for at least five minutes

MON	TUES	WED	THURS	FRI	SAT	SUN
			1	2	3	4
			 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
5	6	7	8	9	10	11
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
12	13	14	15	16	17	18
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
19	20	21	22	23	24	25
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
26	27	28	29			
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐			

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March 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Don't eat any processed food



MOVEMENT GOAL:

e.g. Do 10 jumping jacks



MINDFULNESS GOAL:

e.g. Implement a device free hour

MON	TUES	WED	THURS	FRI	SAT	SUN
				1	2	3
				 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
4	5	6	7	8	9	10
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
11	12	13	14	15	16	17
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
18	19	20	21	22	23	24
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
25	26	27	28	29	30	31
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐

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April 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Avoid alcohol



MOVEMENT GOAL:

e.g. Do squats while brushing my teeth



MINDFULNESS GOAL:

e.g. Pick one thing I love about my body

MON	TUES	WED	THURS	FRI	SAT	SUN
1 ☐ ☐ ☐	2 ☐ ☐ ☐	3 ☐ ☐ ☐	4 ☐ ☐ ☐	5 ☐ ☐ ☐	6 ☐ ☐ ☐	7 ☐ ☐ ☐
8 ☐ ☐ ☐	9 ☐ ☐ ☐	10 ☐ ☐ ☐	11 ☐ ☐ ☐	12 ☐ ☐ ☐	13 ☐ ☐ ☐	14 ☐ ☐ ☐
15 ☐ ☐ ☐	16 ☐ ☐ ☐	17 ☐ ☐ ☐	18 ☐ ☐ ☐	19 ☐ ☐ ☐	20 ☐ ☐ ☐	21 ☐ ☐ ☐
22 ☐ ☐ ☐	23 ☐ ☐ ☐	24 ☐ ☐ ☐	25 ☐ ☐ ☐	26 ☐ ☐ ☐	27 ☐ ☐ ☐	28 ☐ ☐ ☐
29 ☐ ☐ ☐	30 ☐ ☐ ☐					

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May 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Don't consume added sugar



MOVEMENT GOAL:

e.g. Plank for one minute



MINDFULNESS GOAL:

e.g. Listen to a song without doing anything else

MON	TUES	WED	THURS	FRI	SAT	SUN
		1	2	3	4	5
		 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
6	7	8	9	10	11	12
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
13	14	15	16	17	18	19
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
20	21	22	23	24	25	26
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
27	28	29	30	31		
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐		

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june 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Eat slowly without watching TV



MOVEMENT GOAL:

e.g. Run on the spot for one minute



MINDFULNESS GOAL:

e.g. Pay someone else a compliment

MON	TUES	WED	THURS	FRI	SAT	SUN
					1 🍏 🏋️ ❤️ □ □ □	2 🍏 🏋️ ❤️ □ □ □
3 🍏 🏋️ ❤️ □ □ □	4 🍏 🏋️ ❤️ □ □ □	5 🍏 🏋️ ❤️ □ □ □	6 🍏 🏋️ ❤️ □ □ □	7 🍏 🏋️ ❤️ □ □ □	8 🍏 🏋️ ❤️ □ □ □	9 🍏 🏋️ ❤️ □ □ □
10 🍏 🏋️ ❤️ □ □ □	11 🍏 🏋️ ❤️ □ □ □	12 🍏 🏋️ ❤️ □ □ □	13 🍏 🏋️ ❤️ □ □ □	14 🍏 🏋️ ❤️ □ □ □	15 🍏 🏋️ ❤️ □ □ □	16 🍏 🏋️ ❤️ □ □ □
17 🍏 🏋️ ❤️ □ □ □	18 🍏 🏋️ ❤️ □ □ □	19 🍏 🏋️ ❤️ □ □ □	20 🍏 🏋️ ❤️ □ □ □	21 🍏 🏋️ ❤️ □ □ □	22 🍏 🏋️ ❤️ □ □ □	23 🍏 🏋️ ❤️ □ □ □
24 🍏 🏋️ ❤️ □ □ □	25 🍏 🏋️ ❤️ □ □ □	26 🍏 🏋️ ❤️ □ □ □	27 🍏 🏋️ ❤️ □ □ □	28 🍏 🏋️ ❤️ □ □ □	29 🍏 🏋️ ❤️ □ □ □	30 🍏 🏋️ ❤️ □ □ □

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july 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Don't skip breakfast



MOVEMENT GOAL:

e.g. Take the stairs instead of the escalator



MINDFULNESS GOAL:

e.g. Smile at myself every time I look into the mirror

MON	TUES	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
8	9	10	11	12	13	14
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
15	16	17	18	19	20	21
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
22	23	24	25	26	27	28
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
29	30	31				
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐				

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August 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Eat two servings of fruit



MOVEMENT GOAL:

e.g. Do 20 calf raises



MINDFULNESS GOAL:

e.g. Write out a list of goals for the day

MON	TUES	WED	THURS	FRI	SAT	SUN
			1	2	3	4
			 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
5	6	7	8	9	10	11
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
12	13	14	15	16	17	18
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
19	20	21	22	23	24	25
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
26	27	28	29	30	31	
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	

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September 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Eat one cup of wholegrains



MOVEMENT GOAL:

e.g. Do a one minute high knee run



MINDFULNESS GOAL:

e.g. Use the 4:7:8 breathing technique

MON	TUES	WED	THURS	FRI	SAT	SUN
30 ☐ ☐ ☐						1 ☐ ☐ ☐
2 ☐ ☐ ☐	3 ☐ ☐ ☐	4 ☐ ☐ ☐	5 ☐ ☐ ☐	6 ☐ ☐ ☐	7 ☐ ☐ ☐	8 ☐ ☐ ☐
9 ☐ ☐ ☐	10 ☐ ☐ ☐	11 ☐ ☐ ☐	12 ☐ ☐ ☐	13 ☐ ☐ ☐	14 ☐ ☐ ☐	15 ☐ ☐ ☐
16 ☐ ☐ ☐	17 ☐ ☐ ☐	18 ☐ ☐ ☐	19 ☐ ☐ ☐	20 ☐ ☐ ☐	21 ☐ ☐ ☐	22 ☐ ☐ ☐
23 ☐ ☐ ☐	24 ☐ ☐ ☐	25 ☐ ☐ ☐	26 ☐ ☐ ☐	27 ☐ ☐ ☐	28 ☐ ☐ ☐	29 ☐ ☐ ☐

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06.12.23

October 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Add a healthy source of protein to each meal



MOVEMENT GOAL:

e.g. Ride the bike to work



MINDFULNESS GOAL:

e.g. Get outside for at least 10 minutes

MON	TUES	WED	THURS	FRI	SAT	SUN
	1	2	3	4	5	6
	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
7	8	9	10	11	12	13
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
14	15	16	17	18	19	20
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
21	22	23	24	25	26	27
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
28	29	30	31			
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐			

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November 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Cut back on oils and fats when cooking



MOVEMENT GOAL:

e.g. Do 20 lunges



MINDFULNESS GOAL:

e.g. Look up a new joke and share it with someone

MON	TUES	WED	THURS	FRI	SAT	SUN
				1	2	3
				 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
4	5	6	7	8	9	10
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
11	12	13	14	15	16	17
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
18	19	20	21	22	23	24
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐
25	26	27	28	29	30	
 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	 ☐ ☐ ☐	

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06.12.23

December 2024



DAILY GOALS FOR THE MONTH

Tick off your goals each day you achieve them



NUTRITION GOAL:

e.g. Swap milky coffee for green tea



MOVEMENT GOAL:

e.g. Stretch for ten minutes



MINDFULNESS GOAL:

e.g. Find time to read a book

MON	TUES	WED	THURS	FRI	SAT	SUN
30 ☐ ☐ ☐	31 ☐ ☐ ☐					1 ☐ ☐ ☐
2 ☐ ☐ ☐	3 ☐ ☐ ☐	4 ☐ ☐ ☐	5 ☐ ☐ ☐	6 ☐ ☐ ☐	7 ☐ ☐ ☐	8 ☐ ☐ ☐
9 ☐ ☐ ☐	10 ☐ ☐ ☐	11 ☐ ☐ ☐	12 ☐ ☐ ☐	13 ☐ ☐ ☐	14 ☐ ☐ ☐	15 ☐ ☐ ☐
16 ☐ ☐ ☐	17 ☐ ☐ ☐	18 ☐ ☐ ☐	19 ☐ ☐ ☐	20 ☐ ☐ ☐	21 ☐ ☐ ☐	22 ☐ ☐ ☐
23 ☐ ☐ ☐	24 ☐ ☐ ☐	25 ☐ ☐ ☐	26 ☐ ☐ ☐	27 ☐ ☐ ☐	28 ☐ ☐ ☐	29 ☐ ☐ ☐

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