**15 Minute Vegetable Soup**

**INGREDIENTS:**
- 1.5 teaspoons of oil
- 1 onion, diced
- 2 tablespoons of Italian seasoning
- 2 teaspoons of salt
- 1 teaspoon of black pepper
- 2 teaspoons of minced garlic
- 1 can of crushed tomatoes
- 2 cups of sliced carrots
- 1 can of green beans, drained
- 1 can of corn, drained
- 1 can of peas, drained
- 1 can of tomato paste
- 8 cups of either vegetable or low sodium chicken broth

**PROCEDURE:**
Heat oil, onion, garlic, Italian seasoning, salt, and pepper in a pan. Sauté for 5 minutes. Add remaining ingredients and simmer for 5 minutes.

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 MENTAL</td>
<td>Plan one self-care activity to make this year better than last</td>
<td>4 ENDURANCE</td>
<td>Do a wall sit for the length of your favorite song</td>
<td>5 CORE</td>
<td>Plank for 1 minute. During the minute, think of wellness goals you want to accomplish this year</td>
<td>6 CARDIO</td>
</tr>
<tr>
<td>10 FOOD</td>
<td>Plan at least 2 veggie packed meals for this week</td>
<td>11 ENDURANCE</td>
<td>10 lunges, 10 squats, and 10 squat jumps</td>
<td>12 CORE</td>
<td>10 crunches, 10 bicycle crunches, 10 Russian twists, and 10 sit-ups</td>
<td>13 CARDIO</td>
</tr>
<tr>
<td>17 MENTAL</td>
<td>Put your phone down for at least 1 hour before bed</td>
<td>18 CARDIO</td>
<td>Deep clean at least 1 room in your home</td>
<td>19 FOOD</td>
<td>Try to reduce the amount of added sugars you eat. This can be found on nutrition labels!</td>
<td>20 STRENGTH</td>
</tr>
<tr>
<td>24 FOOD</td>
<td>Drink 3 extra glasses of water, in addition to what you already drink</td>
<td>25 MENTAL</td>
<td>Take 10 minutes to silently journal</td>
<td>26 ENDURANCE</td>
<td>Do 30 speed squats. Knock them out as fast as possible!</td>
<td>27 CORE</td>
</tr>
<tr>
<td>31 MENTAL</td>
<td>Write down at least 3 SMART goals for the rest of the year</td>
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</tbody>
</table>
January 2021
Reference Sheet

Wall Sits
Plank
Jumping Jacks
High Knees
Butt Kicks
Tree Pose
Push-ups
Tricep Dips
Crunches
Lunges
Squats
Jump Squats
Sit-ups
Russian Twists
Side Plank
Bicycle Crunches
Cobra Pose
Burpees
Downward Dog

For new yoga poses, try searching the internet for yoga poses, or just try out some new stretches.

SMART GOALS
S= Specific
M= Measurable
A= Attainable
R= Relevant
T= Timely