Healthy Living Reading Challenge 2016

Healthy Living Categories

- ☐ A book you have been meaning to read.
- ☐ A book someone recommended to you.
- ☐ A book currently on the best seller list. (Search NYT bestseller non-fiction list.)
- ☐ A book on healthy eating.
- ☐ A book on movement and exercise.
- ☐ A book you own but haven't read.
- ☐ A book by a health guru that you follow.
- ☐ A book about a specific health concern you have.
- ☐ A book on meditation, relaxation or gratitude.
- ☐ A book about sleep.
- ☐ A book about healthy habits or mindset.
- ☐ A book published in 2016

Bonus categories or swap out a category to fit your interests.

- ☐ A book that intimidates you.
- ☐ A book you found on Pinterest.
- ☐ A book you can finish in a day. (Amazon $.99 books are a great place to find one.)
- ☐ A healthy cookbook. (paleo, vegan, etc)

For information on the Healthy Living Reading Challenge - 2016

12 Healthy Living Books, 12 Categories, 12 Months