

30-DAY CANCER PREVENTION CHECKLIST

You can eat well, move more and make healthy choices to help reduce your risk of cancer.



Print out this checklist, hang it somewhere visible and check off one healthy challenge you complete each day!

<input type="checkbox"/> Try a new exercise	<input type="checkbox"/> Walk 1 mile (or more!)	<input type="checkbox"/> Grab a friend and take a group fitness class together
<input type="checkbox"/> Swap out red meat for chicken, fish or turkey	<input type="checkbox"/> Always apply sunscreen whether it's sunny or cloudy	<input type="checkbox"/> Pack your own healthy lunch instead of eating out
<input type="checkbox"/> Try a new vegetable	<input type="checkbox"/> Replace meat with beans or lentils	<input type="checkbox"/> If you're sitting at a desk all day, take a 20-minute walk break
<input type="checkbox"/> Ditch the chips and replace with cut up veggies like carrots or cucumbers	<input type="checkbox"/> Avoid tobacco products (always!)	<input type="checkbox"/> Go for a bike ride
<input type="checkbox"/> Visit aicr.org to make one of our cancer-protective recipes	<input type="checkbox"/> Eat 100% whole grains with at least 2 meals	<input type="checkbox"/> Make your own trail mix with nuts, seeds and dried fruit for a healthy snack
<input type="checkbox"/> Order water when eating out instead of soda or an alcoholic beverage	<input type="checkbox"/> Try a new fruit	<input type="checkbox"/> Try a new lentil
<input type="checkbox"/> Skip the sugary drink and try fruit-infused water	<input type="checkbox"/> Do not eat overcooked or burnt meat	<input type="checkbox"/> Take the stairs instead of the elevator or escalator
<input type="checkbox"/> Visit a farmers market and try seasonal produce	<input type="checkbox"/> Grab a water bottle before you walk out the door	<input type="checkbox"/> Eat healthy snacks like nuts, fruit or cheese between meals
<input type="checkbox"/> Make a pitcher of infused water to drink this week	<input type="checkbox"/> Eat meatless meals for a day	<input type="checkbox"/> Replace processed meat on a sandwich with hummus or bean dip
<input type="checkbox"/> Keep a water bottle with you to drink and refill throughout the day	<input type="checkbox"/> Find an exercise buddy and walk more, sit less	<input type="checkbox"/> Replace rice with quinoa