Let’s practice healthy habits during the month of \*\*\*\*\*\*\*\*\*. Each day of the week will focus on an area of wellness. Suggestions of healthy activities are provided for each day of the week.

Complete 1 or more of the activities each day of the week.

**Well-Being Month**

A picture containing indoor, window, person, plant

Description automatically generatedText, letter

Description automatically generatedA plate of food

Description automatically generated with medium confidenceA group of people running

Description automatically generated with medium confidence

**Questions?**

Add your contact info here

**Fridays – Your Choice**

* Pick from the weekly activities or do something different; just keep it healthy

**Thursdays: Self-Care**

* Enjoy lunch with a co-worker – don’t talk about work
* Write down 3 things you are grateful for
* \*\*\*\*\*\*\* (need another idea)

**Wednesdays: De-Stress**

* Take 5-10 deep breaths when feeling stressed
* Go outside for a few minutes
* Watch a funny video about animals

**Tuesdays: Stay Active**

* Take a walk during your break or lunch
* Walk instead of calling or emailing
* Get up and stretch each hour

**Mondays: Eat healthy**

* Start your day with a healthy breakfast
* Bring a healthy lunch to eat at work
* Eat fruits and vegetables instead of unhealthy snack

**Wellness-Being Month**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Directions:** Keep track of the activities you do each day of the week during the month of \*\*\*\*\*\*\*\*\*\*\*\*\*\*. Mark each day to engage in well-being activities.

Fill in with dates

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

Turn in your completed tracker to \*\*\*\*\*\*\*\*\*\*\*\* by \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*. Each employee who turns in a tracker will be eligible to win some prizes.

* Make a list of your prizes