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**



**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