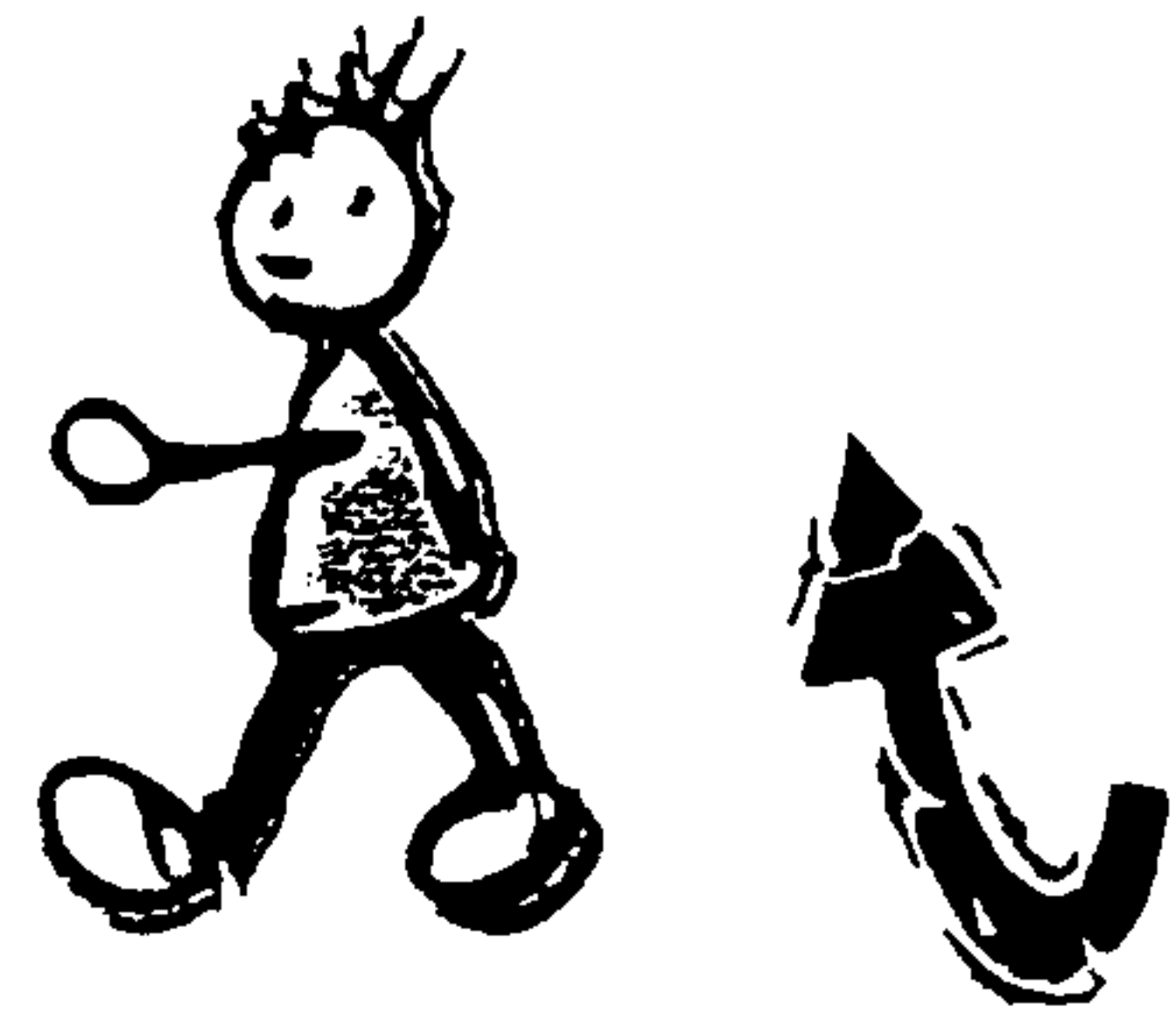


When someone asks "How are you today?" choose a new response. For example, instead of "fine" or "good" use "outrageous" or "phenomenal!"

_____ (word used)

Wellness Activity Challenge



Tracking Sheet



Do five minutes of safe stretching.

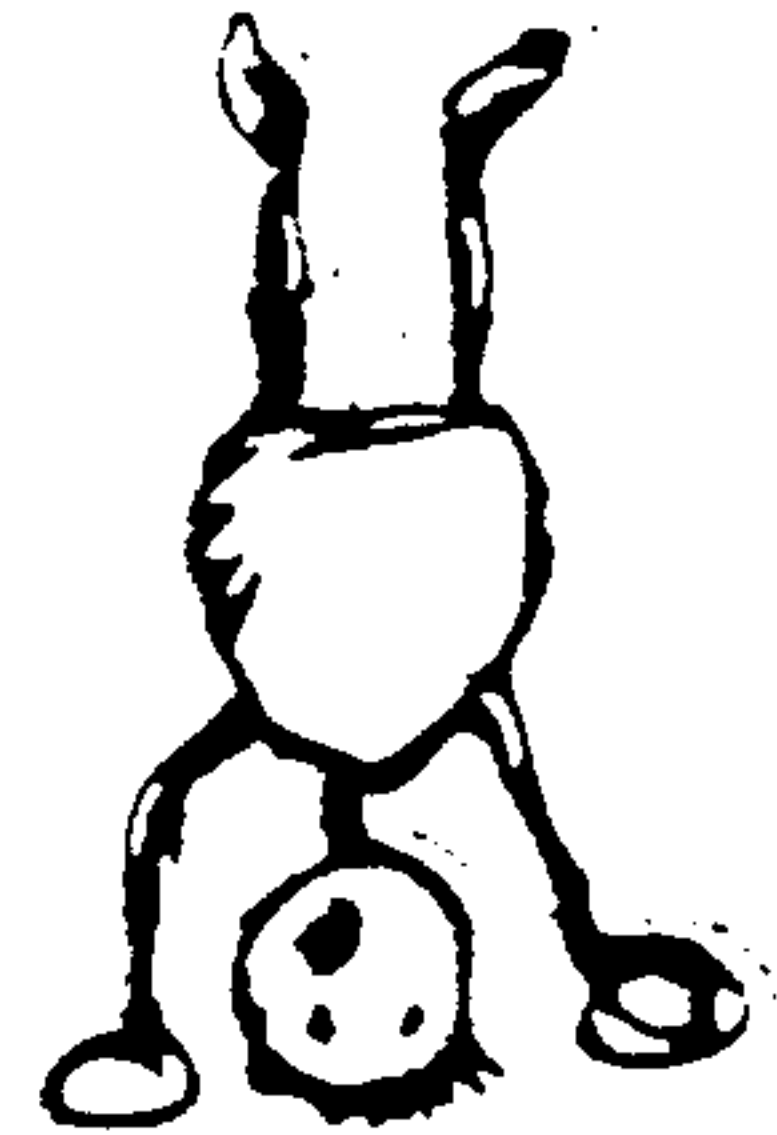
Give or receive a hug, (remember to ask permission first). Have them initial this space.

Drink 6-8 glasses of water during the day.



Do a good deed, such as a traffic courtesy or letting someone go ahead of you in line.

_____ (deed performed)



Clean out some clutter from a desk, closet, drawer or car.

_____ (action taken)



Refuse to say anything negative ALL DAY!

Incorporate a whole grain food into your diet today.

_____ (food eaten)

Eat a vegetable and a fruit today. (list them)



Create an affirmation such as "I feel terrific" and say it to yourself at least 5 times today.



Practice deep breathing for a break. Breathe in slowly through your nose, expanding your stomach. Hold as long as is comfortable.

Then, blow out through your mouth slowly and completely, contracting your stomach muscles and relaxing your body.

Listen to or tell a joke. Have that person initial this space.

Walk for 5 minutes, even if it is in place.



Floss your teeth.

Think of ways you could improve your financial wellness. Take one action (ie. hide a dollar for an emergency or plan to pack a lunch instead of buying fast food).

_____ (action taken)