

Focus on wellness challenge

The challenge is to engage in a minimum of 15 activities from the five categories listed below each month, choosing at least three activities from each category. You can do more, but doing at least 15 activities gets you entered to win a prize. Examples of wellness activities for each category are included.

Track your activities on the scorecard. At the end of each month, submit your completed card to be entered to win a prize, and start another card for the next month.

Email your card to: _____

MINDFULNESS

The practice of being fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what is going on around us.

- I put down my electronic device when my child asked for my attention.
- I concentrated on my breathing when I felt stressed out.
- I put on my headphones and listened to my favorite songs for 30 minutes.
- I sat in my back yard at night and listened to nature.
- I wrote a list of things I am happy about.
- I meditated twice today.
- I spent time writing in my gratitude journal.
- I sat outside, away from electronics and was mindful of all my senses.
- I focused on putting love and care into my dinner as I made it.

MOVEMENT

All forms of physical activity, including non-exercise activity and the absence of movement in the form of rest and sleep.

- I took several breaks in the workday just to go outside in my yard and get fresh air.
- I threw in a load of laundry in between phone calls and emails (or while I am on the phone).
- I did arm circles after sitting for a long time with my laptop.
- I danced to my favorite song.
- I weeded my flower beds.
- I did jumping jacks in the pool.
- I tried a new workout on YouTube.
- I set a goal of 15,000 steps and achieved it.
- I stood during all of my Zoom meetings.

NUTRITION

Food choices in the form of appropriately sized meals and snacks that lead to a healthy mind and body.

- I avoided sugar all day.
 - I made a nutrient-rich meal for dinner with plenty of vegetables.
 - I drank eight glasses of water today.
 - I ate breakfast today.
 - I had one less cup of coffee today.
- I shared a small dessert instead of eating the whole thing.
 - I tracked my calories today.
 - I practiced a meatless Monday.
 - I tried a new recipe from a healthy food blog.

SOCIAL

Connecting with other people at work, at home or in your neighborhood in a fashion that leads to healthy, nurturing and supportive relationships and fosters a genuine connection with those around you.

- I planned a trip with my kids to see extended family members.
 - I reached out to friends with group text messages to let them know I care about them and how they're doing.
 - I set aside time for just my husband and me without kids.
 - I wrote a letter to a childhood friend.
- I did a virtual happy hour with my siblings.
 - I sat in the backyard with my daughter and her friends and talked about their goals.
 - I wrote an out-of-the-blue note to my best friend.
 - I met my friends for a hike in the woods.
 - I volunteered at a local food bank.

FINANCIAL

Money plays a critical role in our lives, and not having financial security impacts our health. Practicing financial wellness empowers us to better enjoy life.

- I paid all my monthly bills before they were due or on the due date.
 - My husband and I discussed purchases we want to budget for.
 - I discussed costs of numerous items with my kids.
 - I made a list of things I should not spend my money on.
 - I helped my daughter understand our mortgage payment.
- I balanced my accounts.
 - I called my insurance agent and asked for a new insurance quote.
 - I invested in an account that rounds up my purchases.
 - I donated to a charity instead of buying coffee.
 - I met with my financial advisor to discuss my retirement goals.





Name: _____ Month: _____

Time	Mindfulness activity
2 min.	Meditation

Time	Movement activity
15 min.	Walk outside

Date	Nutrition activity
8-18	Had a salad for lunch

Date	Social activity
8-18	Wrote to a childhood friend

Date	Financial activity
8-18	I balanced my accounts