

12 Days of Wellness Challenge



Name:

School:

Monday, December 5 Wellness Task #	Sunday, December 11 Wellness Task #
Tuesday, December 6 Wellness Task #	Monday, December 12 Wellness Task #
Wednesday, December 7 Wellness Task #	Tuesday, December 13 Wellness Task #
Thursday, December 8 Wellness Task #	Wednesday, December 14 Wellness Task #
Friday, December 9 Wellness Task #	Thursday, December 15 Wellness Task #
Saturday, December 10 Wellness Task #	Friday, December 16 Wellness Task #



Turn over to see Wellness Challenge List

**Your *12 Days of Wellness* should include
three tasks from each of the four categories.
Complete a different wellness task each day.**

Fitness

1. Walk a flight of stairs twice in one day.
2. Walk during your lunch or break.
3. Take a fitness class at a local gym or wellness center.
4. Stretch your shoulders, chest and back at your desk twice during the workday.
5. Stand up from your desk and move once every hour
6. Do at least 30-minutes of continuous cardio exercise.
7. Get 10,000 steps in a day.
8. Other:

Nutrition

9. Eat two servings of fruit during your workday.
10. Eat a balanced lunch containing a protein, whole grain and a fruit or vegetable.
11. Eat a healthy snack in the mid-morning and afternoon.
12. Drink an additional glass of water during your workday.
13. Bring a healthy holiday treat to share with your co-workers.
14. Eat two servings of vegetables during your workday.
15. Do not eat any sweets or desserts for 24 hours.
16. Other:

Well-being

17. Practice deep breathing for one minute twice during your workday.
18. Share a positive news story when discussing current events with your co-workers.
19. Stop and enjoy the beautiful view out of the window on your floor.
20. Eat lunch away from your desk or worksite.
21. Wake up 15 minutes early & take time to relax before starting your workday.
22. Other:

Community

23. Do something nice for a co-worker or friend
24. Decorate your office or work space with holiday cheer.
25. Donate a gift to a community toy drive.
26. Donate food to your local food bank.
27. Thank a co-worker and let him/her know how he/she has helped you or your department this past year.
28. Other:

