

## February Wellness Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Spend 5 minutes stretching daily before work this month	2 Compliment someone	3 Get rid of three things you never use	4 Try a new healthy snack that you have never eaten before	5 Plan a vacation	6 Get outside and take a walk
7 Do one thing you have been putting off	8 Drink at least 40 ounces of water per day this week	9 Incorporate a simple exercise in your daily routine	10 Do one random act of kindness	11 Declutter your desk or work area	12 Send an encouraging text or email to at least three people	13 Exercise for 15 minutes
14 Plan a healthy meal or take your sweetheart out to dinner	15 Wake up 15 minutes earlier than usual this week	16 Google how to make a healthy snack and then try it out	17 Make a list of short term goals	18 Unsubscribe from unnecessary emails	19 Go all day without complaining	20 Do one thing you have been putting off
21 Call a family member you have not talked to in a while	22 Plan and eat healthy lunches this week	23 Learn something new about a coworker	24 Dust your house	25 Do one thing you have been putting off	26 Do something nice for a neighbor	27 Workout with a friend or family member for 15 minutes
28 Reflect on the past month. Then follow the link included in the email to fill out the survey						

