

September

2020

HEALTH is a state of MIND. WELLNESS is a state of BEING.

Wellness Challenge Calendar

Challenge Explanation:

Eat, Sleep, Move, And Breathe. These are the top four most important components of self-care that will be covered throughout the 4- week Wellness Challenge! This 30- Day Wellness Challenge will focus around healthy eating habits, getting enough sleep, ensuring that we move our bodies, and of course not forgetting to breathe in the midst of all this present day chaos.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4	5
						Write down one goal to accomplish this month	Listen to a motivational playlist/podcast
EAT	6 Make a healthy snack	7 Consume a meal that is majority fruits & vegetables	8 See a sip, send a sip... Stay Hydrated with H ₂ O!	9 Cook up your favorite food!	10 Host a coffee/tea party on the House Party App!	11 Use the MyPlate diagram to make your meals today!	12 Virtual Healthy Brunch with friends!
SLEEP	13 Can you get 7-8 hours of sleep?	14 Stretch for at least 5 minutes when you wake	15 Enjoy a full morning or night Yoga routine	16 Try a relaxation app before bed	17 Can you minimize use of electronics 2 hours before bed?	18 Write down 3 positive things about yourself when you wake	19 Write 5 things you are grateful for before bed
MOVE	20 Go on a walk!	21 De-clutter your room	22 Be active! Run or take a class	23 Try a new workout!	24 Play a board game/card game online w/family or friends	25 Learn the latest TikTok dance!	26 Go on a nature walk and take in all around you!
BREATHE	27 Sit outside and enjoy the sun (weather permitting)!	28 Take part in a 5-10 minute meditation session	29 Relax and read something for fun	30 Spa Day! Get creative ☺	1 Enjoy a sunrise/sunset (weather permitting)	2	3