

# JANUARY Well-Being Calendar



## DID YOU KNOW:

Taking time to aim for proper sleep habits, deep breathing, laughing, practicing mindfulness, expressing gratitude, and building social connections can go a long way in improving overall health and well-being by reducing stress & promoting relaxation.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>16th -</b> First day of the challenge- reflect on what you're hoping to get out of this. 1 point	<b>17th -</b> Make Time Monday- make time for yourself this week (take a bath, workout, read a book in silence, etc.) 4 points	<b>18th -</b> Toss It Tuesday- It's a new year, decutter your worksapce. 2 points	<b>19th -</b> Wonderful Wednesday- What is one thing you're grateful for today? 1 point	<b>20th -</b> Try It Thursday- Try something new today. 2 points	<b>21st -</b> Stay Focused Friday- What's distracting you today? How can you overcome it? 2 points	<b>22nd -</b> Tonight's dinner question, "What was your favorite part of the day?" 1 point
<b>23rd -</b> To get to sleep faster, avoid bright lights and screens one hour before bed today. 1 point	<b>24th -</b> Laugh! Watch you favorite stand up sketch, YouTube video or sitcom today. 2 points	<b>25th -</b> No electronics at the dinner table tonight. 2 points	<b>26th -</b> Tonight's dinner question, "What's one thing you are thankful for today?" 1 point	<b>27th -</b> Make a note of how you can focus on your long term health today, not just short term weight loss. 1 point	<b>28th -</b> Still keeping track of goals? Mindful behaviors = results! 1 point	<b>29th -</b> Unplug from social media for 2 hours. 2 points
<b>30th -</b> Take a small step towards confronting your fears this week. 4 points	<b>31st -</b> The first month of 2022 is done. Are you on track with your goals. Revisit your goals list, if needed. 1 point					

# FEBRUARY Well-Being Calendar



## DID YOU KNOW:

Being an optimist can help you live longer: always look on the bright side. :)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1st -</b> A new month is here, write down one thing you want to accomplish this month. 1 point	<b>2nd -</b> It's Heart Health Month- wear red! 1 point	<b>3rd -</b> Tonight's dinner question, "What's something new you learned today?" 1 point	<b>4th-</b> Find a community service project to get involved with this month. 3 points	<b>5th -</b> Check to see if you have important documents together, like a will. 1 point
<b>6th -</b> Help a stranger in need this week. 2 points	<b>7th -</b> Get your blood pressure checked this week by your fitness center staff. This is a no charge service. 2 points	<b>8th -</b> Tonight's dinner question, "What made you laugh today?" 1 point	<b>9th -</b> Turn on your favorite song- it can make you feel good. 1 point	<b>10th -</b> Remind yourself how you overcame a challenge in the past. 1 point	<b>11th -</b> Let go of expectations you have for yourself today. 1 point	<b>12th -</b> No electronics while eating today. 1 point
<b>13th -</b> Try meditation when you are stressed this week. 4 points	<b>14th -</b> Valentine's Day- tell your family & friends you love and care for them. 1 point	<b>15th -</b> Spend the afternoon outside in the backyard or at a local park- walk, play catch or build a snowman! 2 points	<b>16th -</b> Be aware of how unconscious bias shows up in your decisions today. 1 point	<b>17th -</b> It's World Kindness Day- Write a message of gratitude for someone today. 2 points	<b>18th -</b> Tonight's dinner question, "What would you do with \$1,000?" 1 point	<b>19th -</b> Find hope for the future by reminding yourself what is important to you. 1 point
<b>20th -</b> Tonight's dinner question, "What's your favorite thing we do as a family?" 1 point	<b>21st -</b> Slow down and be present with loved ones this week. 3 points	<b>22nd -</b> Pack your lunch and gym bag to help yourself be successful tomorrow. 2 points	<b>23rd -</b> Limit your social media use today. 2 points	<b>24th -</b> Revisit or redefine your goals. Keep striving to be the best version of yourself. 2 points	<b>25th -</b> Spend quality time with people/pets you care about this weekend. 2 points	<b>26th -</b> Last day of the challenge- reflect on how you benefited from participating in this program. 1 point