



Get Yourself Off the Shelf

POW - 49 Day Holiday Wellness Challenge



Bring a piece of fruit to work for a snack Date: _____	Have your blood pressure checked Date: _____	Drink 64 ounces of water Date: _____	Eat at least 5 cups of fruits/vegetables Date: _____	Exercise for at least 30 minutes Date: _____	Strength train for at least 20 minutes Date: _____	Stretch for at least 15 minutes Date: _____
Exercise for 30 minutes with family or friends Date: _____	Read a health and wellness article Date: _____	Exercise for at least 30 minutes Date: _____	Find a healthy recipe and make it for dinner Date: _____	Fun activity with family/friends Date: _____	Give up a food vice (soda, candy, coffee) Date: _____	Give up TV or the internet Date: _____
For one day, journal everything you eat/drink, calculate caloric intake Date: _____	Take a 15 minute walk around your building at lunch/break Date: _____	Walk briskly for 20 minutes Date: _____	Eat breakfast within one hour of waking Date: _____	Relax or mediate in a dark/quiet area for 30 minutes Date: _____	Shovel snow from your driveway Date: _____	Strength train for at least 20 minutes Date: _____
Exercise for at least 30 minutes Date: _____	Drink 64 ounces of water Date: _____	Give up a food vice (soda, candy, coffee) Date: _____	Give up social media (facebook/twitter) Date: _____	Attend a GYM 60 exercise class Date: _____	Get at least 7 hours of sleep Date: _____	Take a 15 minute walk around your building at lunch/break Date: _____
Exercise for 30 minutes with family or friends Date: _____	Eat at least 5 cups of fruits/vegetables Date: _____	Find a healthy recipe and make it for dinner Date: _____	Read a good book before bed Date: _____	Make a healthy substitution in a holiday treat recipe Date: _____	Use a smaller plate for portion control Date: _____	Make half your plate fruits/vegetables Date: _____
Give up a food vice (soda, candy, coffee) Date: _____	Strength train for at least 20 minutes Date: _____	Get at least 7 hours of sleep Date: _____	Eat breakfast within one hour of waking Date: _____	Give up TV or the internet Date: _____	Walk briskly for 20 minutes Date: _____	Ditch sugary, processed foods Date: _____
Take a 15 minute walk around your building at lunch/break Date: _____	Eat breakfast within one hour of waking Date: _____	Walk briskly for 20 minutes Date: _____	Ditch sugary, processed foods Date: _____	Exercise for at least 30 minutes Date: _____	Park your car at the farthest distance from work/school	Give up a food vice (soda, candy, coffee) Date: _____

The chart above represents 49 days of Holiday wellness challenges. Each day, pick any square and try to accomplish the challenge. Only one challenge is allowed per day. The ultimate goal is to complete all of the challenges. To hold yourself accountable, try joining a team or finding a partner. Additionally—once you've earned a challenge, try to continue that behavior for the rest of the challenge (ie—bring fruit everyday)!

~If you complete 40 challenges, you will have a chance to win a wellness day!