

Workplace Wellness Challenge ~ November 1st - 22nd

T	H	A	N	K	S
3 things I'm T hankful for	Stay H ydrated	Stay A ctive	Just say N o!	K ee up the pace	Sufficient S leep

✓ = 5 pts ✓ = 5 pts ✓ = 5 pts ✓ = 5 pts ✓ = 5 pts ✓ = 5 pts

Daily Points = 30 possible

Wed	NOV 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Thu	NOV 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Fri	NOV 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Sat	NOV 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Sun	NOV 5	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>	✓	<input type="checkbox"/>	___ / 30
Mon	NOV 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Tue	NOV 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Wed	NOV 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Thu	NOV 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Fri	NOV 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Sat	NOV 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Sun	NOV 12	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>	✓	<input type="checkbox"/>	___ / 30
Mon	NOV 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Tue	NOV 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Wed	NOV 15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Thu	NOV 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Fri	NOV 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Sat	NOV 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Sun	NOV 19	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>	✓	<input type="checkbox"/>	___ / 30
Mon	NOV 20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Tue	NOV 21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30
Wed	NOV 22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / 30

T	Write down 3 things each day that you are thankful for. You don't need to turn in the list, just try to recognize different things each day.
H	Stay hydrated! You determine what is sufficient for you. Try for the recommended 8 glasses of water per day.
A	Minimum of 30 minutes of physical activity per day. Maybe take a walk or get in a workout - get your heartrate elevated. **Each Sunday is marked as a free day for this, but if you'd like to choose another day off, adjust accordingly.
N	Just say NO! to a bad habit for these 22 days! Need to quit soda or avoid sweets? Need to stop smoking? You decide what to say NO! to.
K	Keep up the pace. Get at least 8,000 steps per day. Clip on that pedometer or track steps with your cell phone. **Each Sunday is marked as a free day for this, but if you'd like to choose another day off, adjust accordingly.
S	Get sufficient sleep . Get between 7-8 hours per night.

BONUS POINTS = Share your favorite Thanksgiving recipe. Send it in with this challenge form when you turn it in (or send it otherwise). We'll compile and share the recipes. Earn 140 Bonus Points. Bonus Pts
___ / 140

Name _____ Location _____ Total Pts. ___ / 800