



MOVEMENT

- Take a 10 min stretch break every morning
- Take 10,000 steps 5 days/week
- Do an outdoor activity every week (skiing, snowshoeing, skating)
- Do a 30-60 min workout 3x/week
- Weekly Target (Choose 1):
Accumulate a weekly total of 100 squats, 50 push-ups, or 3 mins of plank

NUTRITION

- Bring a lunch to work each day
- Bring a water bottle to work and refill at least once in the day
- Eat a balanced plate at one meal of the day
(1/2 vegetables, 1/4 whole grains, 1/4 protein foods)
- Add a fruit or vegetable to every meal
- Eat one green vegetable each day

MINDFULNESS

- Meditate for 20 minutes
- Practice mindful eating by unplugging from technology while enjoying your meals
- Spend 20 minutes outdoors and/or in nature
- Start your day by speaking a positive affirmation
- End your day with a reflection or journal entry

CONNECTION

- Get to know someone new today or learn something new about someone you see regularly
- Be fully present in your interactions with others today
- Spend quality time with a family member, spouse, loved on, or roommate
- Call or text with a friend
- Connect with your community (volunteer, attend a support group, try a new class)

SELF-CARE

- Give yourself permission to have 30 minutes of uninterrupted "me time"
- Practice good sleep hygiene by maintaining a consistent bedtime, aiming for 7-9 hours daily
- Engage in a hobby that brings you joy, challenges you, or allows you to think creatively
- Read at least 1 chapter
- Spend 20 minutes tidying up your space