

# 12 Days of Wellness

During the dates Nov. 26 – Dec. 7, place a letter in the date square representing a wellness behavior you engaged in. Extra letters have been provided to allow you to write in a healthy behavior of your choice. Along with the letter, place your initials on the line below. Two extra days are provided in case one or two make up days are needed. **The “12 Days of Wellness” counts 10 points toward the first semester goal of 80 points.** Those who accumulate 80 points will be eligible for a gift card.

## November 26 - December 7, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26	27	28	29	30	1
	Letter ____	Letter ____	Letter ____	Letter ____	Letter ____	Letter ____
	Initials ____	Initials ____	Initials ____	Initials ____	Initials ____	Initials ____
2	3	4	5	6	7	
Letter ____	Letter ____	Letter ____	Letter ____	Letter ____	Letter ____	
Initials ____	Initials ____	Initials ____	Initials ____	Initials ____	Initials ____	

- A. Perform 30 minutes of intentional exercise
- B. Drink nothing but water
- C. Have a spiritual devotion
- D. Get 8 or more hours sleep
- E. Write or email a thank you note to someone
- F. Read an article on Health
- G. Eat two servings of Fruit
- H. Eat three servings of Vegetables
- I. Perform a random act of kindness
- J. De-clutter an area
- K. Spend time with a best friend

### Create Your Own

- L.
- M.
- N.
- O.
- P.
- Q.
- R.
- S.