

# 12 Days of Wellness

During the dates December 1-12, 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 12 points toward the first semester goal of 70 points.** Those who accumulate 70 points will be eligible for a gift card.

## December 2019

| Sunday                            | Monday                            | Tuesday                            | Wednesday                          | Thursday                           | Friday                             | Saturday                           |
|-----------------------------------|-----------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| 1<br>Letter ____<br>Initials ____ | 2<br>Letter ____<br>Initials ____ | 3<br>Letter ____<br>Initials ____  | 4<br>Letter ____<br>Initials ____  | 5<br>Letter ____<br>Initials ____  | 6<br>Letter ____<br>Initials ____  | 7<br>Letter ____<br>Initials ____  |
| 8<br>Letter ____<br>Initials ____ | 9<br>Letter ____<br>Initials ____ | 10<br>Letter ____<br>Initials ____ | 11<br>Letter ____<br>Initials ____ | 12<br>Letter ____<br>Initials ____ | 13<br>Letter ____<br>Initials ____ | 14<br>Letter ____<br>Initials ____ |

A. Perform 30 minutes of intentional exercise

**Create Your Own**

B. Drink nothing but water

L.

C. Have a spiritual devotion

M.

D. Get 8 or more hours sleep

N.

E. Write or email a thank you note to someone

O.

F. Read an article on Health

P.

G. Eat two servings of Fruit

Q.

H. Eat three servings of Vegetables

R.

I. Perform a random act of kindness

S.

J. De-clutter an area

K. Spend time with a best friend