

## 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.

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 75 points**. Those who accumulate 75 points will be eligible for a gift card.

### December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Letter_____	2 Letter_____	3 Letter_____	4 Letter_____
5 Letter_____	6 Letter_____	7 Letter_____	8 Letter_____	9 Letter_____	10 Letter_____	11 Letter_____
12 Letter_____	13 Letter_____	14 Letter_____				

A. Perform 30 minutes of intentional exercise  
Create Your Own

L. \_\_\_\_\_

B. Drink nothing but water.

M. \_\_\_\_\_

C. Have a spiritual devotion

N. \_\_\_\_\_

D. Get 8 or more hours sleep

O. \_\_\_\_\_

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