

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.

November/December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Letter ____	27 Letter ____	28 Letter ____	29 Letter ____	30 Letter ____	1 Letter ____	2 Letter ____
3 Letter ____	4 Letter ____	5 Letter ____	6 Letter ____	7 Letter ____	8 Letter ____	9 Letter ____

- 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. _____