

# JANUARY Wellness Challenge



SUN	MON	TUE	WED	THU	FRI	SAT
					Move your body and stretch	Cross something off of your to-do list
Read an article on a subject that is new to you	<b>Make a healthy meal</b>	Browse available Learning & Development workshops/sessions	<b>Organize your e-mail inbox</b>	Make and meet your own wellness goal today!	<b>Clean your desk</b>	Do something creative
<b>Try a new recipe</b>	Write and send a thank-you note or encouraging e-mail	<b>Break a sweat</b>	Check out the Wellness @Work website	Do a deep-breathing exercise or meditation	Drink 8 glasses of water	Make and meet your own wellness goal today!
<b>Read a book</b>	Do an exercise or fitness class video	Make and meet your own wellness goal today!	Ask a co-worker how they're doing	<b>Get 8 hours of sleep</b>	Learn, read, or do something that's outside of your comfort zone	De-clutter a room, drawer, or closet in your home
Make and meet your own wellness goal today!	Explore a new skill on LinkedIn Learning	<b>Have a tech-free evening</b>	<b>Take a walk</b>	Check in with a friend or family member you haven't talked to in a while	Go a full day without making any complaints	Re-watch a favourite movie
<b>Treat yourself!</b>						

**View daily activities to help boost your mood. Cross off any activities that you complete!**

**First Name:**

**Last Name:**

**Phone:**

**Email:**

**Enter your contact information and send to [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca) by February 5, 2021 for your chance to win a prize!**