

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 150 points**. Those who accumulate 150 points will be eligible for a gift card.

December 2024

| 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_____ | |

- 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. _____