

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 2025

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

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

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