

-----7 WEEK STAFF WELLNESS CHALLENGE----

WEEK 1-OCTOBER 30TH-NOVEMBER 5TH- HYDRATE:

**-DRINK HALF OF YOUR BODY WEIGHT IN OUNCES OF WATER DAILY
-1 POINT PER DAY (7 POINTS POSSIBLE)**

WEEK 2-NOVEMBER 6TH-NOVEMBER 12TH- REST:

**-WIND DOWN EARLY AND STICK TO A REGULAR SLEEP SCHEDULE, BE IN BED BY
10PM EACH NIGHT
-1 POINT PER DAY (7 POINTS POSSIBLE)**

WEEK 3-NOVEMBER 13TH-NOVEMBER 19TH- FITNESS:

**-30 MINUTES OF EXERCISE PER DAY, REMEMBER TO GET YOUR HEART RATE UP AND
CHALLENGE YOURSELF
-1 POINT PER DAY (7 POINTS POSSIBLE)**

WEEK 4-NOVEMBER 20TH-NOVEMBER 26TH- BALANCE:

**-LIMIT YOUR OVERALL SALT AND SUGAR INTAKE
-1 POINT PER DAY (7 POINTS POSSIBLE)**

WEEK 5-NOVEMBER 27TH-DECEMBER 3RD-COOK/PREPARE:

**-NO EATING OUT, COOK AND PREPARE FOOD AT HOME
-1 POINT PER DAY (7 POINTS POSSIBLE)**

WEEK 6-DECEMBER 4TH-DECEMBER 10TH-HEALTHY BOOST:

**-EAT 3 SERVINGS OF VEGGIES AND FRUITS PER DAY
-1 POINT PER DAY (7 POINTS POSSIBLE)**

WEEK 7-DECEMBER 11TH-DECEMBER 17TH-UNPLUG:

**-DISCONNECT FROM TECHNOLOGY THAT'S UNNECESSARY
-GET IN 10 MINUTES OF PERSONAL DEVELOPMENT DAILY
*READ
*LISTEN TO PODCASTS
*MEDITATE
-1 POINT PER DAY (7 POINTS POSSIBLE)**

-----EXTRA POINTS-----

**2 POINTS IF YOU RECEIVED A FLU SHOT THIS SEASON
2 POINTS IF YOU PARTICIPATED IN THE EMPLOYEE LABS**

**KEEP TRACK OF YOUR OWN POINTS AND SEND THEM TO ME WEEKLY. I WILL KEEP
TRACK AND THERE WILL BE A PRIZE FOR THE TOP 3 INDIVIDUALS**

