

March 2022 Wellness Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Declutter your workspace	2 No added salt to your meals for the day	3 Do 100 squats throughout the day	4 Support a local business	5 Start a spending journal
6 Call an old friend	7 Drink half your body weight (in ounces) of water	8 Have 1 walk-and-talk meeting	9 No sugar added to any meals today	10 Do 100 lunges throughout the day	11 Donate to a charity of your choice	12 Write a thank you card to someone and mail it out
13 Unplug from your phone & all social media for 1 hour (this does not include hours you are sleeping)	14 Do 20 minutes of yoga (go to youtube for free 20-minute yoga sessions)	15 Do one mindfulness activity for 20 minutes (look on youtube or app stores for free meditation apps)	16 Avoid all caffeinated drinks, including soda, coffee and energy drinks	17 Do 100 push-ups throughout the day	18 Write down 3 things you are grateful for	19 Write a letter to someone and mail it out
20 Read for pleasure for 30 minutes	21 Get 8 hours of sleep tonight	22 Invite a coworker for lunch	23 Track your caloric intake for the entire day	24 Do 100 sit-ups throughout the day	25 Personally complement a co-worker for a job-well-done on something	26 Walk or run a mile
27 Meal plan for the week including healthy snacks for work	28 Make it a meatless Monday!	29 Invite a co-worker to go for a walking break or lunch	30 Have 2 cups of veggies for the day (note: it is recommended women have 2.5c and men have 3; most American diets do not meet these recommendations)	31 Climb 100 steps throughout the day		