

Wellness Challenge 2023

A Healthy Start to the New Year!

DAILY JOURNAL

Date: _____		<u>Journal</u>	<u>Max points</u>	<u>Daily points</u>
NUTRITION: Fill half of your plate with veggies/fruit (2) 1 plant-based protein food (2) 1 whole grain (2) 1 technology free meal (2)	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>		8	
WATER: (1 cup = 1 point) Max 6 cups/day			6	
SLEEP: (1 hour = 1 point) Max 7 hours/day			7	
PHYSICAL ACTIVITY: - 150 minutes of moderate to vigorous activity/week (10 mins = 5 points)				
PERSONAL WELLNESS: Do one activity such as meditating, reading, taking a bath, journaling (7 points/day)			7	
EDUCATIONAL CHALLENGE: Join a weekly zoom meeting or watch the recorded meeting (10 points/week)				
WEEKLY CHALLENGE: Participate in the weekly challenge (10 points/week)				

TOTAL DAILY POINTS: _____