

# Wellness Challenge 2023

## Weekly Journal

Week: \_\_\_\_\_

Mon    Tue    Wed    Thur    Fri    Sat    Sun    Max points/week    Weekly points

### NUTRITION:

Fill half your plate with vegetables and/or fruit /day (2)

Choose at least one plant-based protein food/day (2)

Choose at least one whole grain/day (2)

Enjoy at least one technology free meal/day (2)

							2 x 7 days = 14	
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### WATER:

6 cups 1 cup = 1 point

							6 x 7 days = 42	
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### SLEEP:

7 hours 1 hour = 1 point

							7 x 7 days = 49	
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### PHYSICAL ACTIVITY:

Accumulate at least 150 minutes of moderate to vigorous physical activity/week 10 minutes = 5 points

							75	
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### PERSONAL WELLNESS:

Participate in one daily personal health activity such as meditating, reading a book, journaling, etc. (7)

							7 X 7 days = 49	
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### EDUCATIONAL CHALLENGE:

Join the weekly zoom meeting or watch the recorded meeting later (10)

							10	
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### WEEKLY CHALLENGE:

Each week there will be a challenge to participate in (10)

							10	
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### TOTALS FOR EACH DAY:

							TOTAL/WEEK 291	<b>0</b>
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