

Quarter 1

February: Track # of steps taken each week; try to increase # of steps by 1000 each week

March: Track eating habits through a food journal. Work towards changing one self identified bad habit (i.e. eat less carbs) (event idea: partner with dieticians during their nutrition week to hand out healthy snacks and provide nutritional facts)

April: Sit up challenge; increase # of sit ups by 10 each week

Quarter 2

May: Track daily ounces of water; work towards drinking at least 64 ounces a day (event idea: water taste testing station using different fruits, mint, etc)

June: Push up challenge; increase # of pushups by 10 each week

July: Track # of “active” minutes; work towards exercising at least 4 times a week for 30 minutes

Quarter 3

August: Track # of fruits/veggies eaten each day. Strive to eat the recommended serving amount for both. (event idea: healthy cookoff with dishes using fruits or veggies as part of the ingredients)

September: Track # of hours of sleep each day; work towards ensuring you get 8 hours a day

October: Plank challenge; work to increase endurance with an end goal of holding a plank for one minute

Quarter 4:

November: Record “me” time; try to take at least 1 hour of time each day for relaxation

December: Squat Challenge; increase # of squats by 10 each week

Monthly competition prizes: Gift bag of wellness goodies (unless otherwise specified). Winner will be drawn from random out of all eligible participants