

AUGUST 2019

SUN	MON	TUE	WED	THU	FRI	SAT
Month in Wellness						
Complete at least 24 out of 31 to get a point on your fitness ticket				1	2	3
				Take two (2) 15 minute breaks and go for a walk	Do something nice for someone	Drink at least 8 glasses of water (8 oz.)
4	5	6	7	8	9	10
Unplug day. No texting, instead call a relative or a friend	No sugary drinks	Take two (2) 15 minute breaks and go for a walk	No fast food	Ask a co-worker to go for a walk with you	No sweets day	Go for a walk in a park
11	12	13	14	15	16	17
Eat healthy all day	Drink at least 8 glasses of water (8 oz.)	Bring a salad for lunch	Take two (2) 15 minute breaks and go for a walk	Eat 5 servings of fruits/veggies	Ask a co-worker to go for a walk with you	Drink at least 8 glasses of water (8 oz.)
18	19	20	21	22	23	24
Do something nice for yourself	Take two (2) 15 minute breaks and go for a walk	No sugary drinks	Bring a healthy snack to share with co-workers	Start reading a book	No fast food	Go for a walk in a park
25	26	27	28	29	30	31
Drink at least 8 glasses of water (8 oz.)	Ask a co-worker to go for a walk with you	Healthy dinner night	Have a healthy breakfast	Take two (2) 15 minute breaks and go for a walk	No sugary drinks	Go for a walk in a park