

2023 Rhode to Wellness Challenge

Recommit to Wellness

This challenge offers you the chance to focus on a different area of wellness each week for 4 weeks.

**HOW
DO I
PARTICIPATE?**

- Save the calendar electronically to your computer/phone or print out a hard copy
- For each weekly focus, choose 1 goal to work on- see examples on page 2
- Type or write your goal for the week in the column on the calendar
- Check off the box for each day that you meet your goal
- At the end of each week, let us know how many days you met your goal:
Click on "report results" or email us to be entered into a raffle for the prize of the week

| | | SUN | MON | TUES | WED | THUR | FRI | SAT |
|-------------------------------------|----------------------------|--|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---|---|
| Wellness Focus of the Week | My Goal of the Week | | | | | | Oct 13 | Oct 14 |
| Week 1 Recharge (Physical Activity) | <i>Wellness Challenge</i> | <input type="checkbox"/> Oct 15 ***Kickoff at JDRF One Walk | <input type="checkbox"/> Oct 16 | <input type="checkbox"/> Oct 17 | <input type="checkbox"/> Oct 18 | <input type="checkbox"/> Oct 19 | <input type="checkbox"/> Oct 20 Reminder: Read Email | <input type="checkbox"/> Oct 21 Report Results here! Enter to Win |
| Week 2 Refuel (Healthy Eating) | | <input type="checkbox"/> Oct 22 | <input type="checkbox"/> Oct 23 | <input type="checkbox"/> Oct 24 | <input type="checkbox"/> Oct 25 | <input type="checkbox"/> Oct 26 | <input type="checkbox"/> Oct 27 Reminder: Read Email | <input type="checkbox"/> Oct 28 Report Results here! Enter to Win |
| Week 3 Relax (Stress Management) | | <input type="checkbox"/> Oct 29 | <input type="checkbox"/> Oct 30 | <input type="checkbox"/> Oct 31 | <input type="checkbox"/> Nov 1 | <input type="checkbox"/> Nov 2 | <input type="checkbox"/> Nov 3 Reminder: Read Email | <input type="checkbox"/> Nov 4 Report Results here! Enter to Win |
| Week 4 Restore (Healthy Sleep) | | <input type="checkbox"/> Nov 5 | <input type="checkbox"/> Nov 6 | <input type="checkbox"/> Nov 7 | <input type="checkbox"/> Nov 8 | <input type="checkbox"/> Nov 9 | <input type="checkbox"/> Nov 10 Reminder: Read Email | <input type="checkbox"/> Nov 11 Report Results here! Enter to Win |

2023 Rhode to Wellness Challenge

Recommit to Wellness

Examples of GOALS for each weekly focus

WEEK 1- RECHARGE

Physical Activity

- Walk for ___ minutes for ___ times per week
- **Get** ___ steps per day using your choice of tracker
- Get up and move after each hour of sitting ___ times per day
- **Stretch** or **yoga** for ___ minutes ___ times a week
- Choose 1 song per day and have a family **dance** party!
- Exercise of your choice for ___ minutes ___ times per week
- My own goal: _____

WEEK 2- REFUEL

Healthy Eating

- Add ___ cups fruit daily
- Include ___ cups vegetables daily
- Eat 1 serving of beans or nuts daily
- Replace a refined grain with a whole grain each day
- Drink ___ cups water each day
- Bring a healthy lunch to work ___ days per week
- Choose a healthy breakfast ___ days per week
- Keep a food diary ___ times per week
- Eat a meal or snack mindfully each day
- My own goal: _____

WEEK 3- RELAX

Stress Relief

- Meditate ___ minutes per day
- Journal ___ times per week
- Take ___ mini breaks throughout the day
- Do 5 rounds of deep breathing ___ times per day
- Take a walk outside daily
- Connect with a friend ___ times per week
- Engage in a hobby ___ times per week
- My own goal: _____

WEEK 4- RESTORE

Healthy Sleep

- Set up and follow bedtime routine each night
- Get to bed by ___ (time) each night
- Get ___ hours of sleep per night (optimal 7 to 9 hrs)
- Turn off electronic devices by ___ (time)
- Turn off TV by ___ (time)
- No caffeine after ___ (time)
- Exercise during the day ___ days per week
- Do relaxation practice of your choice nightly
- My own goal: _____