

Name:

School:

Circle one: Staff or Student

Kirtland Schools September Wellness Challenge



Welcome back to school: to the classroom, to friends or to coworkers. Now is the time for new beginnings, intentional actions, establishment of positive habits and productive routines. Set yourself up for success. Prepare, be mindful of your actions and take steps to have a successful year!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total number of points for the month			1 Come prepared and ready.	2 Set 3 goals for the month.	3 Be happy. It's your choice and responsibility.	4 Read a book- just for the fun of it!
5 Get some sleep. Take a nap; go to bed early.	6 Know what motivates you.	7 Lead by example. You are an influencer.	8 Reach out to someone who needs your help.	9 Ask for help if you are struggling.	10 Avoid negative thinking.	11 Get outside and enjoy the great outdoors!
12 Unplug and take a tech break.	13 Do something positive- see what happens.	14 Really LISTEN to others. Did you learn something?	15 Focus on your strengths and use them.	16 Prepare yourself to deal with difficult people.	17 Volunteer your time or talents.	18 Organize something fun to do with family or a friend.
19 Get your homework done early. Enjoy your free time.	20 Work ahead. Make a plan.	21 Happiness is contagious; be a carrier.	22 Read up on something that REALLY interests you.	23 Be curious and get inspired.	24 Sigh. Be patient. BREATHE.	25 Notice what didn't go well this week. What could have been done differently?
26 Set a positive intention for your week.	27 Anticipate challenges with joy. You've got this!	28 Acknowledge your talents/ gifts. Share.	29 Find 3 good things that happened today.	30 Review: did you achieve your monthly goals?		

Earn 1 Point for each activity accomplished. PLEASE REMEMBER TO ENTER YOUR TOTAL NUMBER OF POINTS FOR THE MONTH. ALL ENTRIES MUST BE RETURNED TO THE SERVICE BUILDING – NUTRITION SERVICES NO LATER THAN WEDNESDAY October 5, 2021