

Name: \_\_\_\_\_

School: \_\_\_\_\_

Circle one: Staff or Student

## Kirtland Schools May Wellness Challenge



Get your screenings and make good daily decisions. The choices you make, what you eat, how you move your body, and how you manage stress can make an impact. You can PREVENT some chronic illnesses. Discipline is the highest form of self-love. Show the love. Take care of yourself. You are worth it.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Total number of points for the month</b>	1 Make some healthy snacks for the entire the week.	2 Schedule your age/ gender appropriate screenings.	3 Be a vegan for the day.	4 Don't eat after dinner.	5 Read the labels of the food you eat. Be an educated consumer.	6 Get outside and enjoy the sunshine.
7 Plan healthy meals for the week.	8 When was your last wellness checkup? Is it time to make an appointment?	9 Drink water instead of sugary drinks.	10 Weigh yourself. Are you within a healthy range for your age and height?	11 Try a probiotic: Yogurt, Kimchi, or Sauerkraut anyone?	12 Get at least 7 hours of sleep.	13 Put on your favorite music and dance!
14 Avoid caffeine: no coffee, tea or chocolate.	10 Enjoy a meatless Monday dinner.	11 Is it time to see the dentist? Smile!	12 Read food labels; avoid excessive sodium (salt) and processed sugars.	13 Are you up to date with age/gender appropriate screenings?	14 Discover a new path or trail. Take a hike.	15 Listen to a guided meditation.
21 Go to bed one hour earlier than you usually do.	17 Talk to someone if feeling sad, anxious or depressed.	18 Get off your seat and move!	19 Get your blood pressure checked.	20 What are grateful for today? Jot it down.	21 Eat whole foods, not too much, mostly plants.	22 Use sunblock when outside.
28 Eat fresh fruit	29 Take a walk.	30 Take 5 slow deep breaths.	31 Avoid processed foods.			

**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 May 24, 2023**