

HOW DOES THIS WORK?

For 1 month (September 17th - October 15th), you will set a daily goal involving 1 of 5 content areas of Wellness:

- HYDRATION
- COMMUNITY
- NUTRITION
- MINDFULNESS
- MOVEMENT

Write down your daily goal in your Challenge Calendar. Be brave and plot out a whole week at a time or more! Feeling adventurous?

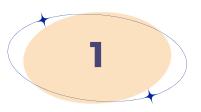
Stack 2 habits in one day!

If completed, mark your goal complete for that day with a check mark, a + sign, color it in, or anything else noticeable and rewarding to you.

At the end of month, tally up your number completed goals and see how many you met!

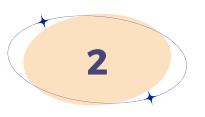


Need some inspirations for your goals?



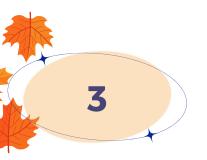
HYDRATION

- Consume only water for a day
- No alcohol
- Meet a minimum ounce goal consumed
- Consume no drinks with added sugar
- · Add fruit to your water for flavor



NUTRITION

- Bring your lunch to work instead of buy
- Get 3 servings of fruits and vegetables in the day
- Read nutrition labels
- Add a side salad
- Track your protein intake for a day



MOVEMENT

- Take a group class at Hamilton
- Achieve 10,000 steps
- Take the stairs instead of the elevator
- 5 minutes of stretching daily
- Make it a walking meeting

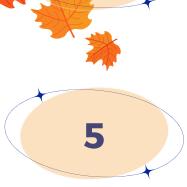


COMMUNITY

- Shop at a local small business
- Reach out to a colleague
- Attend a Hamilton sports contest or student performance
- Volunteer
- Make a donation

MINDFULNESS

- Make a journal entry
- Set a screen-time limit
- Focus on deep breathing for 5 minutes
- Identify 3 things you are grateful for
- Meditate for 10 minutes
- "Disconnect" 1 hour prior to bed







When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals.

S

SPECIFIC

WHAT DO I WANT TO ACCOMPLISH?

Vague goals cannot be met! Example: "I want to move more"

Change to: "I will walk 1 mile"

M

MEASURABLE

HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?

Can it be measured? Example: "I should drink more water"

Change to: "I will drink 50oz today"

A

ACHIEVABLE

HOW CAN THE GOAL BE ACCOMPLISHED?

Does this make sense for you? Example: "I will run 5 miles"

But you have a bad knee and don't run often!

R

RELEVANT

DOES THIS SEEM WORTHWHILE?

Does it support your priorities?

Is it something that matters to you for long-term change?

Т

TIME BOUND

WHEN CAN I ACCOMPLISH THIS GOAL?

Give it time! Example: "I will walk more today"

Change to: "I will walk for 20 minutes today"



- Keep it simple!
- Partner up with a friend or group. Make a fun competition with coworkers!
- Incorporate the outdoors into your Movement category
- Encourage family members to participate
- HAVE FUN!





