

Buddy Wellness CHALLENGE

HOW DOES THIS WORK?

For 4 weeks, you and a partner will set specific goals around 3 key areas of Wellness:

● **HYDRATION**



● **NUTRITION**



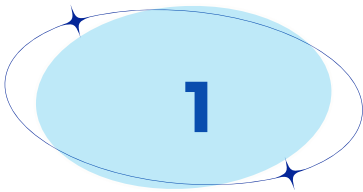
● **MOVEMENT**



- ✓ Declare and commit to your goals
- ✓ Track your results for accountability
- ✓ Submit your tracking sheets at the end for entry into Hamilton Wellness raffle prizes!

Buddy Wellness CHALLENGE

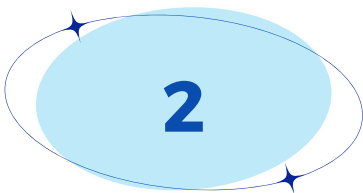
Need some inspirations for your goals?



1

HYDRATION

- Consume only water for a day
- No alcohol
- Meet a minimum ounce goal consumed
- Consume no drinks with added sugar



2

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
- Limit fast food / eating out
- Reduce excess sugar intake



3

MOVEMENT

- Take a group class at Hamilton
 - Complete a workout x days per week
 - Achieve 10,000 steps
 - Take the stairs instead of the elevator
 - Park farthest from your office
 - 10 minutes of stretching daily
 - Make it a walking meeting
- 

Buddy Wellness CHALLENGE

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

S	<u>SPECIFIC</u> 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	<u>MEASURABLE</u> 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	<u>ACHIEVABLE</u> 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	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	Does it support your priorities? Is it something that matters to you for long-term change?
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	Give it time! Example: "I will walk more today" Change to: "I will walk for 20 minutes today"

WEEKLY TRACKING SHEET: 2/9 - 2/15

Goal Declarations:

- Hydration: _____
- Nutrition: _____
- Movement: _____
- Other: _____

	S	M	T	W	R	F	S
HYDRATION							
NUTRITION							
MOVEMENT							
OTHER							

Reflections:

- What went well? _____
- What needs more focus? _____
- What could make this _____
- easier next week? _____

WEEKLY TRACKING SHEET: 2/16 - 2/22

Goal Declarations:

- Hydration: _____
- Nutrition: _____
- Movement: _____
- Other: _____

	S	M	T	W	R	F	S
HYDRATION							
NUTRITION							
MOVEMENT							
OTHER							

Reflections:

- What went well? _____
- What needs more focus? _____
- What could make this
easier next week? _____

WEEKLY TRACKING SHEET: 2/23 - 3/1

Goal Declarations:

- Hydration: _____
- Nutrition: _____
- Movement: _____
- Other: _____

	S	M	T	W	R	F	S
HYDRATION							
NUTRITION							
MOVEMENT							
OTHER							

Reflections:

- What went well? _____
- What needs more focus? _____
- What could make this
easier next week? _____

WEEKLY TRACKING SHEET: 3/2 - 3/8

Goal Declarations:

- Hydration: _____
- Nutrition: _____
- Movement: _____
- Other: _____

	S	M	T	W	R	F	S
HYDRATION							
NUTRITION							
MOVEMENT							
OTHER							

Reflections:

- What went well? _____
- What needs more focus? _____
- What could make this
easier next week? _____

WEEKLY TRACKING SHEET

Goal Declarations:

- Hydration: _____
- Nutrition: _____
- Movement: _____
- Other: _____

	S	M	T	W	R	F	S
HYDRATION							
NUTRITION							
MOVEMENT							
OTHER							

Reflections:

- What went well? _____
- What needs more focus? _____
- What could make this
easier next week? _____