

TAKE A TRIP AROUND THE BOARD

and explore the many ways to practice wellness in your day. Whether you bounce around or go in order, check off as many activities as you can.

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| 30 MINUTES OF YOGA | ASK FOR HELP | EAT 5 SERVINGS OF FRUITS AND VEGGIES | MEET SOMEONE NEW | CALL SOMEONE | 20 MINUTES OF READING | LEARN A NEW WORD | LISTEN TO EMOTION WELL (BELOW) | 64 OZ WATER | DO A PUZZLE | 30 MINUTES OF CARDIO EXERCISE |
| | | CHANCE | | | READING RAILROAD | | | WATER WORKS | | |
| FLOSS YOUR TEETH | | | | | | | | | | PACK YOUR LUNCH |
| STRETCH | | | | | | | | | | CHECK YOUR CREDIT SCORE |
| COMMUNITY CHEST 1 HOUR WITHOUT SCREENS | | | | | | | | | | COMMUNITY CHEST 1 HOUR WITHOUT SCREENS |
| EAT A WHOLE GRAIN | | | | | | | | | | BUY GENERIC |
| 20 MINUTES OF READING | | | | | | | | | | READING RAILROAD 20 MINUTES OF READING |
| LAUGH | | | | | | | | | | CHANCE EAT 5 SERVINGS OF FRUITS AND VEGGIES |
| COMPLIMENT YOURSELF | | | | | | | | | | JOURNAL |
| ELECTRIC COMPANY 8 HOURS OF SLEEP | | | | | | | | | | LUXURY TAX LIFE COACHING (BELOW) |
| SAY "NO" | | | | | | | | | | EXPRESS GRATITUDE |
| 30 MINUTES OF STRENGTH TRAINING | | | | | | | | | | RECYCLE |

Learn about Financial Consultation



Listen to Emotion Well



Learn about Life Coaching

