

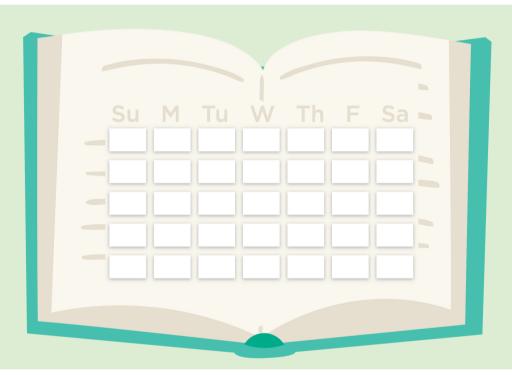
WELL READ



Reading enhances all aspects of well-being. Think of it like a workout for your brain!



Your goal is to read at least 20 minutes a day for the next 30 days. If you reach that daily reading goal you will have read 600 minutes! Use the calendar to track your total minutes each day.



In addition to minutes read, see if you can complete at least 10 of the challenges below!







- 1. Write a book review
- 2. Join a book club
- 3. Visit a bookstore
- 4. Check out a book from the library
- 5. Create a reading bucket list
- 6. Share or recommend a book
- 7. Visit or exchange a book at a Little Free Library
- 8. Read in the park
- 9. Read while exercising
- 10. Read while standing up
- 11. Read a nonfiction book
- 12. Read a fiction book

- 13. Read a newspaper
- 14. Read a magazine
- 15. Read a book that was made into a movie
- 16. Check out EFR's blog
- 17. Sign up for EFR's newsletter
- 18. Read a poem
- 19. Read a comic book or graphic novel
- 20. Read about your EAP benefits
- 21. Read song lyrics
- 22. Read to a child
- 23. Read to an adult
- 24. Read to a pet