



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