

WELLNESS CALENDAR



find your fit!

▶ April 2018

Use this calendar to keep track of your healthy habits including: **days you have exercised, when you packed a lunch, how much water you drank, or your scheduled staff activities.** We encourage you to use this throughout April and beyond. Good luck with setting and tracking your healthy habits!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
WORKPLACE WELLNESS CAMPAIGN						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
Earth Day						
29	30					
International Dance Day						

WEEKDAY CHALLENGES:

APRIL 2 Track your steps to reach a goal of 2000 steps during your lunch break	APRIL 3 Drink an extra glass, or two, of water	APRIL 4 Incorporate more fruits and vegetables into your lunches	APRIL 5 Feeling stressed? BREATHE! Search breathing techniques on YouTube	APRIL 6 Complete at least one stretch every hour during your workday	APRIL 7 World Health Day! Carry your healthy habits into the remainder of the month
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