

28 days of wellness

Complete each daily action to help foster a health and wellness routine.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Drink at least eight glasses of water.	Write down three things that you are grateful for.	Try a new exercise (e.g., yoga, pilates, HIIT, etc.).	Avoid social media for the day and reflect on how you feel afterward.	Call a friend or loved one to catch up.	Walk outdoors for 30 minutes.	Save money by preparing all of your meals at home for the day.
Week 2	Cook a meal with a friend or family member.	Participate in a free online exercise class.	Read a book for 30 minutes.	Walk at least 10,000 steps.	Leave a positive review for a local small business.	Drink a glass of water first thing in the morning.	Create a playlist of your favorite feel-good songs.
Week 3	Go for a walk or grab a tea or coffee with a friend.	Create a grocery list and meal plan for the week.	Avoid using screens for an hour before bedtime.	Eat five servings of vegetables.	Close your eyes and take five long, deep breaths.	Eat each meal without distractions (e.g., phone, TV).	Engage in a creative activity (e.g., draw, paint, etc.).
Week 4	Reach out to a friend or family member that you haven't spoken to recently.	Follow an online guided meditation.	Try a vegetable or fruit you've never tried before.	Write down five things you love about yourself.	Create a budget for next month.	Give someone a genuine compliment.	Reflect on three positive things that happened this month.

