

2015 Monthly Challenges

January | Participate in 20 minutes of physical activity with a friend or family member

February | Choose a healthy lunch each day

March | Be mindful; close your eyes and listen to your breathing for two minutes each day.

April | Be budget conscious; track all your expenses each day

May | Use one of your work breaks to move, walk, jog or run

June | Consume at least three vegetables each day

July | Go outside and enjoy nature with two necessities: sunscreen and sun glasses

August | Make water your beverage of choice at least three times each day

September | Start a food journal and write down everything you eat and drink

October | Use your gratitude journal and write what you are thankful for

November | Go to bed with lights off eight hours before your alarm goes off

December | Choose a motivating word and repeat it several times each day to act on a goal

Guidelines

- | The WellNYS Everyday Monthly Challenges promote practicing a healthy behavior every day.
- | Start each Monthly Challenge on the first day of the month, and end on the last day of the month.
- | The goal is to practice the Monthly Challenge behavior for at least 15 days of each month (they don't have to be consecutive days), which is the estimated time it takes to form a habit.
- | To participate, register for the Monthly Challenge at www.worklife.ny.gov/wellnyseveryday
- | The WellNYS Everyday programs are self-paced and use the honor system.
- | Tracking your progress is extremely powerful and can validate the behavior which may, in turn, motivate you and ensure your successful completion of the program.
- | Certificates are awarded to all participants who complete at least 15 days of the Monthly Challenge, but we encourage you to practice the healthy behavior every day.



WellNYS
Everyday