



WellNYS  
Everyday

## 2020 Monthly Challenges

January Choose a wellness accountability partner.

February Get more sleep.

March Make better food choices.

April Practice managing stress.

May Be physically active.

June Go outdoors more often.

July Stay hydrated with water.

August Eat a variety of fruits and vegetables.

September Boost your energy.

October Eat NYS apples.

November Express gratitude.

December Make the holidays healthier.

A NYS Employee Assistance Program initiative for NYS employees and family members. Register at [wellnys.goer.ny.gov](https://wellnys.goer.ny.gov).

## 2020 Monthly Challenge Guidelines

WellNYS Everyday is dedicated to educating, engaging and empowering NYS employees and their families by encouraging participation in healthy behaviors. In 2020, create a wellness vision and participate in **THE THREE** every day.

### THE THREE:

1. Practice the WellNYS Daily To-Do every day.
2. Check off that you did the To-Do on the Monthly Challenge tracking sheet.
3. Ask your wellness partner, did you do the WellNYS Daily To-Do?

### THE GUIDELINES:

Every day, the WellNYS Daily To-Do is posted on the WellNYS Everyday website at [wellnys.goer.ny.gov/](https://wellnys.goer.ny.gov/). Visit this site to have the WellNYS Daily To-Do emailed to you.

Register for the Monthly Challenge at [wellnys.goer.ny.gov/registration/monthly\\_challenge\\_description.cfm](https://wellnys.goer.ny.gov/registration/monthly_challenge_description.cfm)

The goal of the 2020 Monthly Challenge is to complete the challenge for the first 20 days of each month. Certificates are awarded to participants who complete 20 days.

Then, try **Beyond the Challenge** for the last 10 days of each month, and register for the next month.