

NEW  
YORK  
STATE

WellNYS  
Everyday

# 2020 Monthly Challenge

Register at [wellnys.goer.ny.gov](http://wellnys.goer.ny.gov)



# January

Choose a wellness  
accountability partner.

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			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Holiday

*In 2020, participate in THE THREE every day by doing the following:*

- 1) Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the "Go Beyond the Challenge" starting January 20th.
- 2) Check off that you did the Daily To-Do on the Monthly Challenge tracking form that can be found at [wellnys.goer.ny.gov/](http://wellnys.goer.ny.gov/).
- 3) Ask your wellness partner, did you do the WellNYS Daily To-Do?



# January WellNYS Daily To-Do

Once you've completed the To-Do, check the box!

JAN 1

Happy 2020! Today, sign up for the WellNYS Everyday Monthly Challenge. Ask a co-worker, family member, or friend to be your wellness accountability partner. Choose someone who can be honest with you and will help you to identify and reach your wellness goals. Go online to: [wellnys.goer.ny.gov/](http://wellnys.goer.ny.gov/) to register for the January Monthly Challenge and check off January 1.

2

Goals are not easy to accomplish; they take commitment, hard work, and time. Make some time today to talk to your wellness partner about a goal you want to reach in 2020 and ask them about a goal they would want to reach. Provide a detailed description of the goal and explain why it's important to you.

3

Decide how you will check in with each other daily (phone, in person, text) and at what time.

4

Discuss with your wellness partner how you will reward yourselves if you have checked in with each other daily through January 31. Here are ideas: celebrate with a coffee date, a movie, or time doing an activity you both enjoy.

5

Share with your wellness partner a healthy habit you already do.

6

Write down the action steps you need to take to reach your goal. For example, if you want to lose weight, commit to writing a food journal and weighing in weekly. Then share them with your partner.

7

Put a coin or a dollar in a jar on the days you check in with your wellness partner. Together, set a dollar amount you would like to reach. When you reach the goal, celebrate together by doing something special.

8

Text or call your wellness partner and give them a compliment!

9

Identify an obstacle to reaching your goals and come up with a solution. For example, if the obstacle is wanting to relax on the couch after work, the solution could be changing into gym clothes right away and meeting your wellness partner at the gym.

10

Ask your co-workers if they have a wellness partner. If they do not know what it is, give them a brief description, explain the benefits, and encourage them to get the WellNYS Daily To-Do email.

11

Do something unexpected for your wellness partner today. Ask about their favorite healthy lunch and make it for them. Or, give them their favorite tea or a journal. Make them smile.

12

It's January and it's cold in New York. Send a picture of a warm place to your wellness partner. It could be a vacation spot you've been to or someplace you'd like to go.

13

Ask your wellness partner to revisit the wellness goal you discussed on January 2. Ask how your partner is doing and what you can do to help them reach their goal.

14

Sit with your wellness partner, close your eyes, and practice meditation.

15

Visit the WellNYS Everyday website, click on the Monthly Challenge, sign in, and check off the days you participated in the Monthly Challenge for the first 15 days of the year. [wellnys.goer.ny.gov/](http://wellnys.goer.ny.gov/)

16

Decide with your wellness partner to do a five-day wellness challenge. Research options on-line.

17

Be a cheerleader for your wellness partner. Send them an encouraging email or text. Call them and tell them they are doing a great job! Positive encouragement always fuels the fire to work harder.

18

How can you practice wellness at work? Can you take the stairs, eat a healthy lunch, drink more water, set your phone alarm to stand up, or go for a walk on your break? Check in to see what your wellness partner does.

19

Ask your wellness partner about an accomplishment they are proud of.

## 20 GO BEYOND THE CHALLENGE

Today is 1/20/20. Try 20 jumping jacks, or a 20-second wall sit, or 20 lunges, or 20 stretches, or a 20-minute walk, or 20 minutes of meditation.

21

Share with your wellness partner an exercise you enjoy doing.

22

The Super Bowl is Sunday, February 2. Organize a SOUPer Bowl luncheon with your co-workers for Friday, January 31. Share a crockpot of your favorite soup with your co-workers.

23

Bundle up and go outdoors with your wellness partner and enjoy nature in the winter.

24

Commit to your wellness partner that you will be their wellness partner for the entire year in 2020. Share why it's important to have them on your wellness journey.

25

Encourage your wellness partner to sign up for the WellNYS Everyday February Monthly Challenge.

26

Register for an event in the spring, such as a 5K, to participate in with your wellness partner.

27

For the remainder of January 2020, commit to not eating after 7:00 P.M.

28

Ask your wellness partner, "What healthy habits did you do today?"

29

Go to the market and buy two vegetables. Research a recipe on the internet that uses these two vegetables. Share the dish with your wellness partner.

30

Discuss the progress you made toward your goals with your wellness partner. Was having a wellness partner helpful?

31

Today is the last day of January. Go to the WellNYS Everyday website at [wellnys.goer.ny.gov/](http://wellnys.goer.ny.gov/) and check off the days you participated in the Monthly Challenge.

Number of days completed