

# MENTOR SCHOOLS WELLNESS CHALLENGE

JANUARY 2019

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

Staff or Student (circle one)

## “MIND, BODY, AND SOUL”

**This month is one of new beginnings. January’s challenge is all about balance. Do take time to rest your thoughts and regenerate through positive thinking? What new fitness routine are you planning to adopt to a healthier you? How you accept the person you are and think about yourself greatly influences the total mind, body and spirit. This month give yourself a point for every 30 minutes you spend “unplugged” by turning off all electronics during your active day and reflecting or work on positive activities to create a healthier YOU.**

**“Every human being is the author of its own health or disease: - Sivanda**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		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		
	TOTAL POINTS FOR THE MONTH					

**THE DEADLINE FOR ENTRY OF THIS FORM TO THE CAFETERIA OR SCHOOL OFFICE IS FEBRUARY 5th**