

Name: _____

School: _____

Circle one: Staff or Student

Mentor Public Schools Jan. 2021 Wellness Challenge



Happy New Year!! Let's make 2021 *positively* memorable. Plan ahead and set some **goals**. Walk 30 minutes a day? Drink more water? Read 1 book per month for fun? Get 8+ hours of sleep? What goals can **YOU** set and achieve?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Number of Points for the Month _____					1 Get a notebook to take notes	2 Write down 2 things that you would like to improve
3 Set a daily goal that improves your health	4 Mark a check on each day that you meet your goal	5 Write down how you have added something positive into someone else's life	6 Set a weekly goal	7 Think of ways to remove obstacles to meeting your goals	8 Write down your skills; what you like about yourself	9 Set a goal for the month
10 Review your short and long term goals. Make adjustments if necessary	11 Share your goals with a friend. Ask for support	12 Review goals; reflect on your immediate progress	13 Bring a positive outlook to your day	14 Help someone else achieve their goals	15 Appreciate the marvels of your body. Be mindful of the fuel you give it.	16 Relax; Reflect
17 Note your progress on your weekly goals.	18 Reach out to a friend and share your accomplishments	19 Check in with your monthly goal. Are you going to make it? What needs to change?	20 What is in your control to change? What's holding you back?	21 Take a walk	22 Be mindful of your shortcomings. Put in the time and effort to change.	23 Life is Good! Look forward to a positive 2021.
24 Bump up that daily goal. What can you do better	25 Notice how good you feel and acknowledge what you HAVE accomplished	26 Count your blessings.	27 Be kind to yourself and someone else	28 Document your successes and failures. Learn from both	29 Reminisce about 2020; What would you like to forget? What will you cherish?	30 / 31 Start making plans and setting goals for February

Earn 1 Point for each activity accomplished. PLEASE REMEMBER TO ENTER YOUR TOTAL NUMBER OF POINTS FOR THE MONTH. ALL ENTRIES MUST BE RETURNED TO THE SERVICE BUILDING – NUTRITION SERVICES NO LATER THAN **Thursday February 4, 2021.**