

November 2024

MONTHLY WELLNESS CHALLENGE

HEALTH CHALLENGE BINGO



DERBY

PUBLIC SCHOOLS



Your challenge this month is to get as many BINGO's as you can by completing daily activities to improve your health and possibly start a new healthy habit.

On the following pages, you will find:

- a BINGO card full of healthy habits
- a blank monthly calendar that you can print off to keep track of each day you chose to do a healthy habit (if you are working towards completing the yearly Wellness Incentive Program, you may use the calendar or the BINGO card proof that you did the November 2024 Wellness Challenge)



At the end of the month, you will receive a Wellness email with a link to a Google Form. If you completed your monthly challenge of BINGO activities, please fill out the form and you will be entered into a prize drawing.

It takes 18-21 days to form a habit. Our monthly challenges are intended to get us started in creating good, healthy habits to better our everyday living.



HEALTH CHALLENGE bingo

Drink eight glasses of water, 8 oz each.	Go for a walk.	Eat a healthy, high protein breakfast.	Enjoy all of your meals electronic free.	Do something for YOU today.
Try a new recipe.	Do yoga or stretching.	Write in your journal.	Avoid packages food today.	Take time to clean or organize a space in your home.
Enjoy a meal outside.	Try a new workout.	FREE SPACE	Send someone a THANK YOU note, text, or email.	Eat 3 servings of fruit and vegetables today.
Write down everything you eat today.	Spend some time outside.	Meditate for 15 minutes.	Eat a green vegetable.	Do a puzzle, play a board game, color or draw picture.
Go for a walk with a friend.	Complete a task you've been putting off.	Watch your favorite movie or TV show.	Read for 20 minutes.	Do an act of kindness.

Month

Challenge

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						
						
						
						
						