

4 Week “Self-Focus Challenge”

The focus of this challenge is you and your well-being. Complete 24 of the 29 days listed to be entered in the drawing for a free wellness day. (2/17/25 – 3/17/25) ****Complete in Order****

FEBRUARY 17	Start a Journal	
FEBRUARY 18	Go to Bed Early	
FEBRUARY 19	Move Your Body/Stretch	
FEBRUARY 20	Cook a Healthy Meal	
FEBRUARY 21	Read a Book	
FEBRUARY 22	Eat 3 Servings of Vegetables	
FEBRUARY 23	Go Screen Free	
FEBRUARY 24	Exercise 20 Minutes	
FEBRUARY 25	Focus on 1 Good Thing Today	
FEBRUARY 26	Drink 64 oz. of Water	
FEBRUARY 27	Unfollow Negative Social Media	
FEBRUARY 28	No Fried Foods	
MARCH 1	Just Take a Break	
MARCH 2	Go for a Walk	
MARCH 3	Healthy Lunch w/a Co-worker	
MARCH 4	Meditate/Yoga	
MARCH 5	Eat 2 Servings of Fruit	
MARCH 6	Get 8 Hours of Sleep	
MARCH 7	Take a Quick Walk Break at Work	
MARCH 8	Try a New Exercise/Class	
MARCH 9	Do Something Outside	
MARCH 10	Article on Mental Health or Wellness	
MARCH 11	Exercise 20 Minutes	
MARCH 12	Break a Sweat	
MARCH 13	Complain Free Day 😊	
MARCH 14	Treat Yourself	
MARCH 15	Talk to an Old Friend	
MARCH 16	Relax and Watch a Movie	
MARCH 17	Free Day - Spring Break	
End of Challenge	Total # of Days	