

March 2025

MONTHLY WELLNESS CHALLENGE

READING



DERBY
PUBLIC SCHOOLS



This month's challenge is to READ! You get to choose how to do your challenge - do you want to read a certain amount of books this month or do you want to read a certain amount of minutes each day?

A reading challenge is a great way to deepen your love of books while exploring new authors, genres, or stories you might not typically choose.

And remember—your challenge doesn't have to end after just one month! You can extend it by setting a goal to read a certain number of books each month, or commit to reading for a set amount of time each day for a year.

The possibilities are endless!

On the following pages, you will find:

- Book Reading Challenge Ideas
- a blank monthly calendar that you can print off to keep track of your progress (if you are working towards completing the yearly Wellness Incentive Program, you may use this calendar as proof that you did the March 2025 Reading 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 reading, 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.

Book Reading Challenge Ideas

1. Alphabet Reading Challenge

Read a book that starts with each letter of the alphabet, from A to Z! This challenge is a fun way to explore a variety of books while working your way through the entire alphabet.

2. Read Around the World Challenge

Broaden your literary horizons by reading books from different countries. You can:

- Read a book from every country in the world
- Focus on a specific continent (e.g., Europe, Asia, Africa)
- Choose books written by authors from diverse cultural backgrounds

3. Series Reading Challenge

Pick a book series and commit to reading it from start to finish! This challenge is flexible—choose a short series for a quick goal or a long series for an extended reading journey.

4. Author Reading Challenge

Select an author you enjoy and read all of their works! This challenge can be as easy or ambitious as you make it, depending on the author's bibliography.

5. Classics Reading Challenge

Dive into some of the most renowned books of all time! Find a list of classic literature online and start checking off timeless reads.

6. TBR (To Be Read) Reading Challenge

Finally tackle the books sitting on your "To Be Read" list! This challenge is a great way to make progress on books you've been meaning to read.

7. Audiobook Reading Challenge

Set a goal to listen to a specific number of audiobooks! You can also combine this challenge with another one (e.g., listen to audiobooks for the Read Around the World Challenge).

8. Read a Decade Challenge

Choose a decade and read books published during that time! You can focus on bestsellers from those years or find hidden gems that have been overlooked.

9. Recommended Reading Challenge

Ask friends and family for their all-time favorite books, then add them to your reading list! This challenge is a great way to discover new books while connecting with loved ones.

10. Celebrity Reading Challenge

Read books written by celebrities! Many actors, musicians, and public figures have published books, from memoirs to fiction.

11. Genre Reading Challenge

Pick a genre you love—mystery, sci-fi, fantasy, historical fiction, etc.—and read only books within that category for the challenge.

12. Buy No Books Challenge

If saving money is one of your goals, commit to only reading books you already own or can borrow from the library, a friend, or other free sources.

Month

Challenge

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						
						
						
						
						