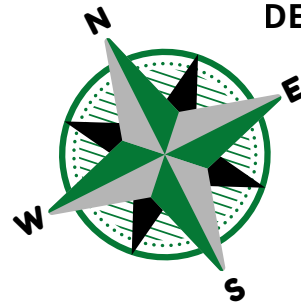


District Wellness Challenge

September 2025



DERBY PUBLIC SCHOOLS

2025-26

Wellness
Compass



Pick the challenge that fits you best – but remember, this is meant to be a challenge, so choose something you don't normally do.

Our Wellness Challenges are designed to help us build healthy habits that can improve our daily lives. It takes 18-21 days to form a habit, so stick with it!

Use the attached calendar to track the days you complete your chosen challenge. Submit your completed calendar at the end of the Wellness Year as proof that you participated in the September 2025 District Wellness Challenge.



OPTION 01

Mindful Eating

Practice slowing down and paying attention to what, when, and how you eat.

Mindful eating can help:

- Improve digestion
- Reduce overeating
- Increase enjoyment and appreciation of food
- Support healthier food choices

OPTION 02

Walk Around Derby

Make it your goal to explore Derby on foot.

Walking regularly can:

- Boost cardiovascular health
- Strengthen muscles and joints
- Improve mood and reduce stress
- Help you discover new areas in your community

September 2025 - Mindful Eating

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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				

WALK AROUND DERBY

Challenge

Tracking Sheet

Ready to accept a challenge? We challenge you to walk 30 miles in September! That is only a mile a day! Record your miles walked each day in September on this tracking sheet. Once completed, return this sheet to the Derby Recreation Commission at 801 E. Market by October 15, 2025 to be entered to win a prize. Scan the QR code below to view our six walking path suggestions.

SEPTEMBER 2025						
	1 I walked _____ miles	2 I walked _____ miles	3 I walked _____ miles	4 I walked _____ miles	5 I walked _____ miles	6 I walked _____ miles
7 I walked _____ miles	8 I walked _____ miles	9 I walked _____ miles	10 I walked _____ miles	11 I walked _____ miles	12 I walked _____ miles	13 I walked _____ miles
14 I walked _____ miles	15 I walked _____ miles	16 I walked _____ miles	17 I walked _____ miles	18 I walked _____ miles	19 I walked _____ miles	20 I walked _____ miles
21 I walked _____ miles	22 I walked _____ miles	23 I walked _____ miles	24 I walked _____ miles	25 I walked _____ miles	26 I walked _____ miles	27 I walked _____ miles
28 I walked _____ miles	29 I walked _____ miles	30 I walked _____ miles				

Contact Information

Name: _____ Phone: _____

Email: _____

Mailing Address: _____

