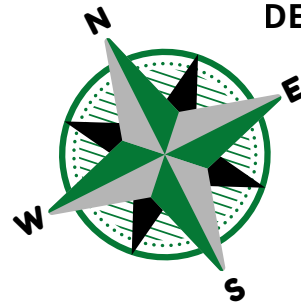


# District Wellness Challenge

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## November 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 charts to track the days you complete your chosen challenge. Submit your completed chart at the end of the Wellness Year as proof that you participated in the November 2025 District Wellness Challenge.



### OPTION 01

#### Daily Gratitude

Taking a few moments each day to reflect on what you're thankful for can boost your mood, lower stress, and improve overall well-being. Practicing gratitude helps shift focus from what's going wrong to what's going right – even small moments of appreciation can make a big difference in your mindset.

### OPTION 02

#### Wall Pilates

Wall Pilates offers a low-impact, full-body workout that improves strength, flexibility, and posture – all while being easy on your joints. It's perfect for all fitness levels and can be done anywhere you have a wall! Regular practice can help increase core strength, reduce tension, and support better balance and body awareness. Feel free to find a different chart online to use. The one provided is optional.

# November

## GRATITUDE

## challenge

Pick one to do each day.

Express gratitude to at least one important person in your life.

Think/ Write about three things that you usually take for granted.

Meditate for 10 minutes.

Think/ Write about some of your favorite memories.

Volunteer somewhere for a good cause.

Do something nice for a co-worker.

Think/ Write about five great things that has happened to you over the past year.

Spend time with loved ones.

Think/ Write about a way that someone helped you today.

Go outside and appreciate the beauty of nature.

Notice positive traits about your colleagues.

Think/ Write about what you love about your family.

Refrain from gossip or speaking negatively about others.

Think/ Write about positive affirmations that you feel.

Engage in a random act of kindness.

Thank a stranger for something good they do.

Think/ Write about three things that bring you peace.

Go one full day without complaining.

Think/ Write about songs that make you feel comfort.

Do something nice for a family member.

Make an effort to smile more throughout the day.

Think/ Write about what made you laugh today.

Compliment a stranger.

Think/ Write about a person that made you smile today.

Reconnect with someone distant.

Think/ Write about three things that you are thankful for.

Think/ Write about three things that you like about your job.

Think/ Write about three things that you appreciate about your boss.

Think/ Write three things about your body that you are grateful for.

Think/ Write about five things you like about yourself.

Write thank-you notes to at least three people in your life.

Give someone a hug.

Thank a co-worker for something good they do.

Do something kind for yourself.

Write a thank you note to a colleague.

This chart is optional, you may choose to do a different wall pilates chart of your choice.

# 28-DAY WALL PILATES CHALLENGE



15 wall push ups  
15 bicycle crunch  
15 scissors  
15 side leg raises  
15 single leg crunch

16 wall push ups  
16 bicycle crunch  
16 scissors  
16 side leg raises  
16 single leg crunch

17 wall push ups  
17 bicycle crunch  
17 scissors  
17 side leg raises  
17 single leg crunch

18 wall push ups  
18 bicycle crunch  
18 scissors  
18 side leg raises  
18 single leg crunch

19 wall push ups  
19 bicycle crunch  
19 scissors  
19 side leg raises  
19 single leg crunch

20 wall push ups  
20 bicycle crunch  
20 scissors  
20 side leg raises  
20 single leg crunch

21 wall push ups  
21 bicycle crunch  
21 scissors  
21 side leg raises  
21 single leg crunch

22 wall push ups  
22 bicycle crunch  
22 scissors  
22 side leg raises  
22 single leg crunch

23 wall push ups  
23 bicycle crunch  
23 scissors  
23 side leg raises  
23 single leg crunch

24 wall push ups  
24 bicycle crunch  
24 scissors  
24 side leg raises  
24 single leg crunch

25 wall push ups  
25 bicycle crunch  
25 scissors  
25 side leg raises  
25 single leg crunch

26 wall push ups  
26 bicycle crunch  
26 scissors  
26 side leg raises  
26 single leg crunch

27 wall push ups  
27 bicycle crunch  
27 scissors  
27 side leg raises  
27 single leg crunch

28 wall push ups  
28 bicycle crunch  
28 scissors  
28 side leg raises  
28 single leg crunch

29 wall push ups  
29 bicycle crunch  
29 scissors  
29 side leg raises  
29 single leg crunch

30 wall push ups  
30 bicycle crunch  
30 scissors  
30 side leg raises  
30 single leg crunch

31 wall push ups  
31 bicycle crunch  
31 scissors  
31 side leg raises  
31 single leg crunch

32 wall push ups  
32 bicycle crunch  
32 scissors  
32 side leg raises  
32 single leg crunch

33 wall push ups  
33 bicycle crunch  
33 scissors  
33 side leg raises  
33 single leg crunch

34 wall push ups  
34 bicycle crunch  
34 scissors  
34 side leg raises  
34 single leg crunch

35 wall push ups  
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35 scissors  
35 side leg raises  
35 single leg crunch

36 wall push ups  
36 bicycle crunch  
36 scissors  
36 side leg raises  
36 single leg crunch

37 wall push ups  
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37 scissors  
37 side leg raises  
37 single leg crunch

38 wall push ups  
38 bicycle crunch  
38 scissors  
38 side leg raises  
38 single leg crunch

39 wall push ups  
39 bicycle crunch  
39 scissors  
39 side leg raises  
39 single leg crunch

40 wall push ups  
40 bicycle crunch  
40 scissors  
40 side leg raises  
40 single leg crunch

41 wall push ups  
41 bicycle crunch  
41 scissors  
41 side leg raises  
41 single leg crunch

42 wall push ups  
42 bicycle crunch  
42 scissors  
42 side leg raises  
42 single leg crunch

**JUSTFIT!**