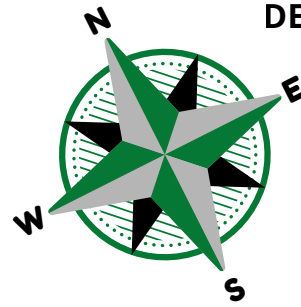


District Wellness Challenge

JANUARY 2026



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!

Please remember to keep track of the days or activities you complete throughout the month as documentation for this wellness challenge. A simple checklist, calendar, or notes on your phone works perfectly—just something that shows your participation. You'll use this as your proof of completion when submitting this month's challenge.



OPTION 01



Drinking Water!

Staying hydrated is one of the simplest and most effective ways to support overall health and wellness. For this challenge, you are encouraged to focus on drinking more water throughout the day to boost energy levels, improve concentration, and support immune health during the winter months. Whether it's keeping a reusable water bottle at your desk, setting reminders, or choosing water over sugary drinks, small changes can make a big difference. Let's start the year strong by making hydration a daily habit.

OPTION 02



Walking

Walking is a great way to stay active, reduce stress, and improve both physical and mental well-being. You are invited to challenge yourself to add more steps into your daily routine—whether it's taking a short walk during lunch, using the stairs, parking a little farther away, or enjoying a walk outdoors when weather allows. Even a few extra minutes of movement each day can help improve mood, increase energy, and support heart health. Let's get moving together and make walking part of our daily routine.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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