

District Wellness Challenge

September 2026



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 calendars 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 2026 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

The Derby Health Collaborative is challenging every resident in Derby and the USD 260 community to a FREE month-long activity program in SEPTEMBER. Walk, bike, run, swim at least one mile a day for 30 days. Everyone can find safe and fun ways to get moving. Print the attached tracking calendar to record "your miles" to be entered into a drawing for some cool prizes! Submit your tracking calendar to the front desk at the DRC by October 9.

September 2026 - 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 19, 2026 to be entered to win a prize. Scan the QR code below to view our six walking path suggestions.

SEPTEMBER 2026						
		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: _____

