District Wellness Challenge

November 2026

DERBY PUBLIC SCHOOLS
Wellness Compass
www.derbyschools.com

Choose one or both challenges that fit your wellness goals!





OPTION 01

30 Days of Gratitude

November is the perfect time to slow down and appreciate the good things in our lives! Each day, take a moment to reflect on something you're grateful for. It can be a person, experience, small victory, or something that simply made you smile.
How to participate: Write one thing you're grateful for in each day's calendar square. There's no right or wrong answer!

OPTION 02

Move Through November

Keep moving as the weather gets cooler! Challenge yourself to complete at least 15 minutes of intentional physical activity each day. Walking, dancing, stretching, yoga, chair exercises, and other activities all count.
How to participate: Mark each day you complete 15 minutes of movement. You can complete the 15 minutes all at once or break it into shorter sessions.

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 November 2026 District Wellness Challenge.

Our Wellness Challenges are designed to help us build healthy habits that can improve our daily lives.
Building healthy habits takes time and consistency. Every small step counts!

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30 Days of Gratitude

NOVEMBER 1–30, 2026

Take a moment each day to reflect on something you appreciate.
Write one thing you are grateful for in each calendar square.
Big or small, every moment of gratitude counts!

Employee name: _____

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					

Your November reflection

What did you enjoy or notice while completing this challenge?

_____

Keep this calendar as your participation record. Follow district instructions for wellness credit.

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Move Through November

NOVEMBER 1–30, 2026

Complete at least 15 minutes of intentional movement each day.
Walking, dancing, yoga, stretching, and chair exercises all count.
Move all at once or in shorter sessions; check off completed days.

Employee name: _____

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 ☐					

Your November reflection

What did you enjoy or notice while completing this challenge?

_____

Keep this calendar as your participation record. Follow district instructions for wellness credit.