



February 10-16, 2023

This Wellness Day Challenge sheet contains suggestions for personal wellness activities that you can do on Wellness Day *and in the week following*. Bonus points will be awarded to those who participate in any of the activities with a colleague.

Our community cares about YOU and has donated hundreds of prizes that will be awarded to participants in a drawing after 2/16, prizes include activewear, gift baskets, event tickets, and even a \$5,000 vacation from Get Away Today!!

Activity	Points	Bonus (if done with a colleague)
Attend a JSD virtual class on Wellness Day or watch a virtual webinar via PEHP or Blomquist Hale	10 pts/class	+5
Participate in an in-person wellness experience hosted by JSD or a community partner	15 pts/event	+5
Write a thank you note to someone who you work with who has impacted you positively	5 pts/note	N/A
Complete a random act of kindness (click here for 100 ideas!)	5 pts/act	+5
Listen to, read, or watch something related to your wellness; here are some ideas	10 pts/act	+5
Take an intentional walk of 2,000 steps or more (try a route inside or around your school)	10 pts/walk	+5
Do something fun! Play board games, yard games, karaoke, or something else you enjoy.	5 pts	+5
Go out to lunch (treat yourself!)	5 pts	+5
Tidy up your workspace, Google Drive (another option), or email inbox	10 pts	+5
Be proactive about your physical health i.e. attend a health screening or schedule a check-up	10 pts	N/A
Total Points		



Enter our drawing once you've earned at least 50 points!

[HERE](#) or scanning the QR code.

