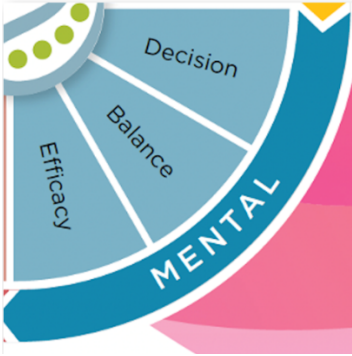
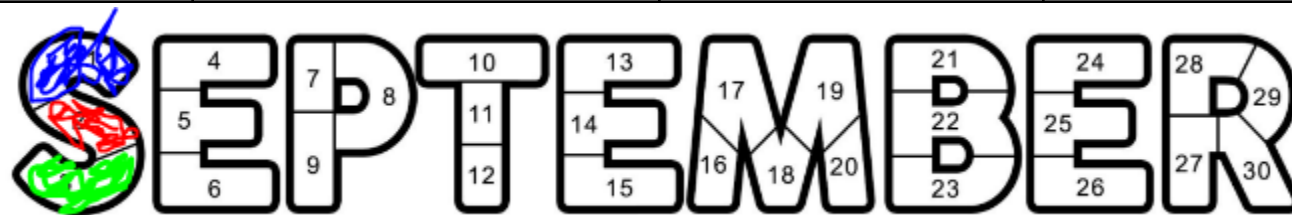


SEPTEMBER WELLNESS CHALLENGE!

Color in the day of the month if you do **at least ONE** of these things on that day! Remember...for each monthly challenge you complete, you are entered into a gift card raffle AND you get a sticker to add to your WELLNESS CHALLENGE TRACKER! ❤️

 A circular wheel divided into three segments: 'Food', 'Movement', and 'Sleep'. The word 'PHYSICAL' is written along the outer arc of the wheel.	 Women=11.5 cups/day Men=15.5 cups/day	 A circular wheel divided into three segments: 'Decision', 'Balance', and 'Efficacy'. The word 'MENTAL' is written along the outer arc of the wheel.	 - Spend time alone - Stop people pleasing - Get out of your comfort zone - Stop trying to be perfect - Never speak badly about yourself - List things you love about yourself - Stop second guessing yourself - Learn to say no
 A circular wheel divided into three segments: 'Awareness', 'Understanding', and 'Mindfulness'. The word 'EMOTIONAL' is written along the outer arc of the wheel.	Walking Meditation Slow movements in defined space Focus inward Cultivates mindfulness of daily activities	 A circular wheel divided into three segments: 'Relationship', 'Trust', and 'Purpose'. The word 'SOCIAL' is written along the outer arc of the wheel.	☐ I actively seek to model and build trust with my colleagues and students. (From the grid in <u>Educator Wellness</u>)



My name is _____