

8-Week Change Challenge

Weeks 1 and 2: Physical Wellness

Take a
30-minute
walk

☐ ☐

Stretch for
10 minutes

☐ ☐

Take
the stairs

☐ ☐

Park
further
away

☐ ☐

Stand and
move every
hour during
the work day

☐ ☐

Complete at
least 7,000
steps daily

☐ ☐

Try a new
workout

☐ ☐

Weeks 3 and 4: Nutritional Wellness

Eat at least
5 servings of
fruits and
vegetables

☐ ☐

Drink 64
ounces of
water

☐ ☐

Try one
new healthy
recipe

☐ ☐

Skip
sugary
drinks

☐ ☐

Eat
breakfast
every day

☐ ☐

Add vegetables
to every
dinner

☐ ☐

Eat a
healthy
lunch

☐ ☐

Weeks 5 and 6: Social Wellness

Eat lunch
with a
coworker

☐ ☐

Call a
family
member

☐ ☐

Thank
someone

☐ ☐

Write a
thank-you
note

☐ ☐

Volunteer

☐ ☐

Introduce
yourself to
someone new

☐ ☐

Other way of
connecting

☐ ☐

Weeks 7 and 8: Environmental Wellness

Pick up
litter
outside

☐ ☐

Recycle

☐ ☐

Donate food
or clothing

☐ ☐

Plant
flowers or
a tree

☐ ☐

Use a
reusable
water bottle or
Gaucho Cup

☐ ☐

Use less
paper

☐ ☐

Another way of
improving your
Environment

☐ ☐