



12 Days of Christmas Challenge

Participate in the “12 Days of Christmas” Challenge to help keep your mind and body in good health and spirits as we celebrate the Christmas season.

To participate, **complete at least 12 healthy activities** below and return to your Wellness Champion. Follow your progress by coloring in the corresponding Christmas ornaments on the attached coloring page.

Once completed, submit to: _____

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| <input type="checkbox"/> 1. Complete 8,000 steps in one day. | <input type="checkbox"/> 17. Donate to a charity or organization (e.g., time, money, gifts, etc.). |
| <input type="checkbox"/> 2. Get 8 hours of sleep in one night. | <input type="checkbox"/> 18. Set a New Year’s resolution goal for yourself. |
| <input type="checkbox"/> 3. Complete 2 minutes of deep breathing during your devotional time. | <input type="checkbox"/> 19. Listen to a Financial Wellness Webinar . |
| <input type="checkbox"/> 4. Eat 5 servings of produce in one day. | <input type="checkbox"/> 20. Complete 10,000 steps in one day. |
| <input type="checkbox"/> 5. Complete 30 minutes of physical activity (e.g., walk, run, strength training, stretching, etc.) | <input type="checkbox"/> 21. Take 5-minutes to complete this journal prompt – “Next year, I want to...” |
| <input type="checkbox"/> 6. Take 5-minutes to complete this journal prompt – “Today I am grateful for...” | <input type="checkbox"/> 22. Make art (e.g., draw, color, craft, paint or play a musical instrument). |
| <input type="checkbox"/> 7. Set up a financial holiday budget. | <input type="checkbox"/> 23. Avoid alcohol for one week. |
| <input type="checkbox"/> 8. Research a healthy holiday recipe . | <input type="checkbox"/> 24. Complete 2 minutes of deep breathing while listening to your favorite holiday songs. |
| <input type="checkbox"/> 9. Schedule a phone call with a special someone in your life. | <input type="checkbox"/> 25. Take time to read an Advent devotion. |
| <input type="checkbox"/> 10. Take a 5 minute stretch break during your workday. | <input type="checkbox"/> 26. Drink 4 - 6 cups of water in one day. |
| <input type="checkbox"/> 11. Schedule a preventive exam (e.g., annual wellness, dental, eye, etc.). | <input type="checkbox"/> 27. Make a healthy snack with the colors red and green (e.g., red and green peppers, strawberries and kiwi, broccoli, cherry tomatoes, etc.) |
| <input type="checkbox"/> 12. Take 5-minutes to complete this journal prompt – “This Christmas holiday, I’m looking forward to...” | <input type="checkbox"/> 28. Reach out to someone (e.g., email, card, phone call, etc.) that you haven’t connected with in awhile. |
| <input type="checkbox"/> 13. Complete 9,000 steps in one day. | <input type="checkbox"/> 29. Complete 40 minutes of physical activity (e.g., walk, run, strength training, stretching, etc.). |
| <input type="checkbox"/> 14. Send a Christmas card greeting to someone special. | <input type="checkbox"/> 30. Take 5-minutes to complete this journal prompt – “My biggest challenge of this year has been...” |
| <input type="checkbox"/> 15. Read a morning devotion. | <input type="checkbox"/> 31. Sing a Christmas song. |
| <input type="checkbox"/> 16. Complete 35 minutes of physical activity (e.g., walk, run, strength training, stretching, etc.). | |

