



WELLNESS CHALLENGE CHECKLIST

There are 8 Dimensions of Wellness. Explore them all in our Woodbury Thrives Wellness Challenge!

- 1) Complete at least 20 wellness activities between May 20 and October 13. Earn prize entries: 20 activities = 1 entry, up to 5 entries
- 2) No charge to enter and complete activities! Find low cost and free activities at woodburythrives.org
- 3) You can complete this form at www.woodburythrives.org or you can complete this paper copy
- 4) Turn in at Woodbury YMCA, Central Park, or HealthEast Sports Center
- 5) If you complete at least 20 activities and submit either an online or paper form, you will receive a FREE t-shirt.

INSTRUCTIONS

- Play a board game or cards with someone from another generation
- Help a neighbor with yard work
- Keep a gratitude journal every day for a week
- Create a vision board
- Take a relaxing bath
- Sit quietly in nature for 15 minutes without talking or using technology
- Work toward resolving a conflicted relationship in your life
- Share your worries with a trusted friend or relative
- Explore the benefits of a relaxation massage or healing touch
- Read an article about emotional intelligence
- Spend time with a pet or therapy animal
- Practice mindful breathing

EMOTIONAL WELLNESS

- Join a community park clean up
- Take your dog to Andy's Bark Park
- Work in your garden
- Reduce the trash your family generates for a week
- Compost your food waste
- Use a reusable water bottle for a week
- Visit the Woodbury Farmers Market
- Reuse shopping bags for a month
- Check your smoke detector batteries
- Plant a rain garden
- Plant pollinator-friendly native plants
- Remove invasive plants, such as buckthorn

ENVIRONMENTAL WELLNESS

- Attend an event that is low-cost or free
- Avoid using the credit card for one week
- Add \$5/week to your savings account – at challenge end you'll have an extra \$100!
- Balance your checkbook
- Set up a retirement account or add extra money to one you have
- Pick a debt and make an extra payment (or partial)
- Create a family budget
- Organize your paperwork
- Pick one day a week and spend no money that day – for a month
- Plan your will/estate
- Donate to a charitable organization
- Protect your online passwords

FINANCIAL WELLNESS

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____ # Activities Completed _____

Age (circle): >18 18-29 30-49 50-64 65-74 75+

CHALLENGE SUBMISSION FORM

- Visit the Stafford Library and learn something new
- Do a crossword puzzle, word search, or Sudoku
- Read a book that encourages, inspires, or improves you
- Attend a music concert – or play in one
- Attend a play, poetry reading, or book talk
- Learn a new creative skill – painting, knitting, etc
- Attend a lecture or speaker series event
- Visit the library to find a new recipe
- Study a foreign language
- Practice a musical instrument
- Read about an important historical event or famous person
- Expand your mind to a variety of political views

INTELLECTUAL WELLNESS

- Take 3 5-minute breaks a day for a week
- Prioritize your to-do list
- Organize your workspace
- Take a class or build a skill that would make you better at your job or help you find a new one
- Set “mini goals” every day for a week: “finish X by noon”
- Join your coworkers for a meal or break time
- Make a plan for what you’d like to be doing one or five years from now
- Bring some of your personality to your workspace (if allowed)
- Focus on work-life balance for one week
- Fix the ergonomics of your workspace
- Attend a career fair
- Foster a new friendship at work

OCCUPATIONAL WELLNESS

- Take a cooking/nutrition class
- Donate a healthy food item to a local food shelf
- Drink half your weight in fluid ounces of water for 7 days (weight = 160 pounds, water = 80oz)
- See a nutritionist or health coach
- Have a wellness assessment done (blood work, blood pressure, body composition)
- Dance – at a class or at home!
- Attend a fitness class at a Woodbury fitness center
- Exercise or take a walk during your lunch break
- Play tag or chase lightning bugs in the yard or at a park
- Try a new sport
- Walk or run 1 mile
- Bike 3 miles

PHYSICAL WELLNESS

- Babysit for free
- Volunteer at the food shelf
- Volunteer at a nonprofit that helps people in need
- Volunteer at a local school
- Volunteer to help with a food packing event
- Visit a nursing home/senior care center
- Take a child to a playground
- Attend a health prevention class (CPR, concussion awareness, bike safety, etc)
- Eat 3 meals a week with friends, family, or neighbors – and no phones!
- Register for a 5K or other community exercise event
- Join a book club
- Make friends with someone from another country

SOCIAL WELLNESS

- Attend a service or visit a house of worship
- Pray or meditate 10 minutes a day for a week
- Walk the labyrinth at Woodwinds Health Campus
- Read a daily devotional or other spiritually compelling piece
- Visit a faith gathering that is not of your background
- Download a meditation app
- Take a yoga class that focuses on deep breathing
- Spend time identifying what feeds your spirit
- Offer to listen to a friend or neighbor in need
- Talk about spiritual beliefs with someone of another generation
- Host a spiritual discussion group
- Learn about other world religions

SPIRITUAL WELLNESS

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ADD YOUR OWN HERE