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|----------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------|------------------------------------------|-------------------------------------------------|
| <b>B</b>                                           | <b>I</b>                                            | <b>N</b>                                            | <b>G</b>                                 | <b>O</b>                                        |
| Spend at least 30 minutes doing something you love | Add a new goal to your Wellness Plan                | Did Laundry                                         | Perform 2 random acts of kindness        | Listen to music                                 |
| Cook a healthy meal at home 3x/wk                  | Spend 15 minutes connecting with nature in some way | No screens for 1 hour before bed 2 nights this week | Call a friend or loved one               | No soda for one day                             |
| Read for 1 hour                                    | Treat yourself with something special               | <b>FREE</b>                                         | Complete 10000 steps 1 day this week     | Eat at least 5 servings of vegetables 3 days/wk |
| Get 8 hours of sleep 3x/week                       | Prayed this week                                    | Get up and move every hour for 5 mins               | Drink 2 Litres of water 4 days this week | Make a gratitude list                           |
| Did something outside of my comfort zone           | Complete an undone task                             | No social media for 1 whole day                     | Went to University                       | Cried this week                                 |

|                                          |                                      |                                                    |                                                     |                                                     |
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| <b>B</b>                                 | <b>I</b>                             | <b>N</b>                                           | <b>G</b>                                            | <b>O</b>                                            |
| Treat yourself with something special    | Call a friend or loved one           | Perform 2 random acts of kindness                  | Cook a healthy meal at home 3x/wk                   | No screens for 1 hour before bed 2 nights this week |
| Did Laundry                              | Went to University                   | Listen to music                                    | Complete an undone task                             | No soda for one day                                 |
| Get 8 hours of sleep 3x/week             | Complete 10000 steps 1 day this week | <b>FREE</b>                                        | Eat at least 5 servings of vegetables 3 days/wk     | Add a new goal to your Wellness Plan                |
| Drink 2 Litres of water 4 days this week | No social media for 1 whole day      | Spend at least 30 minutes doing something you love | <b>Cried this week</b>                              | <b>Prayed this week</b>                             |
| Get up and move every hour for 5 mins    | Make a gratitude list                | Read for 1 hour                                    | Spend 15 minutes connecting with nature in some way | Did something outside of my comfort zone            |

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