

WELL-O!

Try a new healthy recipe for a meal	Bring your lunch to work.	Get at least 8-9 hours of sleep on a weeknight	Read a book or meditate instead of watch TV or surfing the web	Listen to an inspiring seminar or podcast.
Eat at least 5 servings of Fruit / Vegetables on 2 days	Try a new exercise activity or one you have not done in a while	Participate in a recycling program or spend time picking up trash along a road/park	Call someone you haven't talked to in over a year	Take 10 minutes to stretch during the work day.
Walk or ride a bike somewhere that you normally drive	Choose a healthier item than your usual choice at a restaurant	FREE	Go for a walk or get exercise for 30 mins before the work day	Go two whole days without pop coffee or energy drinks
Stop eating a meal when you know you have had enough to eat not when you feel full.	Go without Fast Food for 1 week	Participate in charitable/community event	Go a whole day without watching TV or surfing the web	Park at the farthest away parking space at a store or work each day for a week.
Drink 64 oz (4 large Walk or get exercise with * glasses) of water	Smile at everyone you meet for one day.	Exercise enough to sweat for 30 minutes	Walk with a co-worker on your lunch	Get a To Go Box at a restaurant and fill it with food before you eat your meal.

WELL-O!

Walk or ride a bike somewhere that you normally drive	Walk with a co-worker on your lunch	Call someone you haven't talked to in over a year	Go without Fast Food for 1 week	Eat at least 5 servings of Fruit / Vegetables on 2 days
Read a book or meditate instead of watch TV or surfing the web	Go two whole days without pop coffee or energy drinks	Get at least 8-9 hours of sleep on a weeknight	Park at the farthest away parking space at a store or work each day for a week.	Choose a healthier item than your usual choice at a restaurant
Go for a walk or get exercise for 30 mins before the work day	Bring your lunch to work.	FREE	Go a whole day without watching TV or surfing the web	Participate in charitable/community event
Get a To Go Box at a restaurant and fill it with food before you eat your meal.	Try a new healthy recipe for a meal	Exercise enough to sweat for 30 minutes	Stop eating a meal when you know you have had enough to eat not when you feel full.	Drink 64 oz (4 large Walk or get exercise with * glasses) of water
Listen to an inspiring seminar or podcast.	Go for a walk after large meal	Take 10 minutes to stretch during the work day.	Participate in a recycling program or spend time picking up trash along a road/park	Try a new exercise activity or one you have not done in a while

WELL-O!

Stop eating a meal when you know you have had enough to eat not when you feel full.	Go a whole day without watching TV or surfing the web	Walk or ride a bike somewhere that you normally drive	Get a To Go Box at a restaurant and fill it with food before you eat your meal.	Read a book or meditate instead of watch TV or surfing the web
Smile at everyone you meet for one day.	Take 10 minutes to stretch during the work day.	Walk with a co-worker on your lunch	Go without Fast Food for 1 week	Choose a healthier item than your usual choice at a restaurant
Participate in charitable/community event	Call someone you haven't talked to in over a year	FREE	Go for a walk or get exercise for 30 mins before the work day	Get at least 8-9 hours of sleep on a weeknight
Go for a walk after large meal	Listen to an inspiring seminar or podcast.	Drink 64 oz (4 large Walk or get exercise with * glasses) of water	Bring your lunch to work.	Try a new healthy recipe for a meal
Try a new exercise activity or one you have not done in a while	Participate in a recycling program or spend time picking up trash along a road/park	Go two whole days without pop coffee or energy drinks	Park at the farthest away parking space at a store or work each day for a week.	Exercise enough to sweat for 30 minutes