

# 20 DAY BALANCE CHALLENGE



Balance in life can be hard. Physical & mental health create a well-rounded lifestyle.



Supported mental health can improve your immune system & productivity!



Try a new exercise or behavior to help you find balance.



Keep track of the challenges you accomplish.



Submit your completed challenge by July 30<sup>th</sup> to enter raffle drawing for a \$20 Amazon gift card!

**Bonus: Post your challenge progress in your office for an extra raffle entry!**

Monday	Tuesday	Wednesday	Thursday	Friday
For every soda/coffee/tea you have, drink two glasses of water.	Take the stairs instead of the elevator today.	Sign Up for the Coastal Bend Heart Walk.	Compliment three co-workers today.	Walk around the 2 <sup>nd</sup> Floor atrium at 10am and 2pm for a little computer break.
Monday	Tuesday	Wednesday	Thursday	Friday
Set a reminder to roll your shoulders back and realign posture every 3 hours.	Drink 80 oz of water today.	Walk around the 2 <sup>nd</sup> Floor atrium at 10am and 2pm for a little computer break.	Sign Up for a Safe Fun-Fit Class.	Take at least two stretch breaks today.
Monday	Tuesday	Wednesday	Thursday	Friday
Take the stairs instead of the elevator today.	Walk around the 2 <sup>nd</sup> Floor atrium at 10am and 2pm for a little computer break.	Share 5 things you are thankful for with a co-worker.	Refrain from refined sugar and processed foods today.	Every two hours, practice meditative breathing (10 count in, 10 count out).
Monday	Tuesday	Wednesday	Thursday	Friday
Walk around the 2 <sup>nd</sup> Floor atrium at 10am and 2pm for a little computer break.	Share your favorite healthy recipe with a co-worker.	Adjust your computer so you work at eye level throughout the day.	Drink 80 oz of water today.	Bring lunch from home instead of eating out.

During this challenge, I have focused my efforts on improving balance in my:

\_\_\_\_\_ Physical Health      \_\_\_\_\_ Mental Health      \_\_\_\_\_ Social Health

\_\_\_\_\_ Diet/Nutrition      \_\_\_\_\_ Other: \_\_\_\_\_

For Wellness Use Only:

Received on: \_\_\_\_\_ All activities complete: \_\_\_\_\_ Entered into raffle: \_\_\_\_\_ Bonus Raffle Entry: Y or N