



# 12 DAYS OF WELLNESS CHALLENGE

CHALLENGE DATES: DECEMBER 1ST - 12TH

## RULES:

- NO REGISTRATION REQUIRED!
- COMPLETE ONE ITEM FROM ATTACHED LIST EACH DAY FOR 12 DAYS AND CHECK/CROSS OFF
- SIGN SHEET AT END OF CHALLENGE
- UPLOAD IMAGE USING QR CODE BELOW OR THE LINK ON YOURCHOICE WEBSITE/ UPCOMING EVENTS AFTER CHALLENGE (DEADLINE DEC 17TH)
- ALL SUBMISSIONS ENTERED TO WIN A PROTEIN SHAKER BOTTLE! (30 WINNERS!)



SCAN HERE



Questions? Contact Dan Trongone at x3860  
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# 12 DAYS OF WELLNESS CHALLENGE CHECKLIST

Fitness	Nutrition	Wellbeing	Community
Walk 20 minutes at lunch or at home	Eat 2 servings of fruit during your workday	Sleep 7 to 8 hours at night	Donate to a community organization
Take a Yoga or Pilates class	Eat a balanced lunch (Protein, Whole Grain, Fruit/Veggie)	Eat lunch away from your desk or worksite	Donate food to a local food bank
Walk stairs in a building 3 or 4 times	Eat a healthy snack mid-morning or afternoon	Share a positive story with someone	Pay it forward with a random act of kindness
Do at least 30 minutes of continuous cardio	Drink 12 to 16 oz water more than you usually do	Practice deep breathing for 1 minute, two times today	Thank a co-worker and let them know they've helped you
Stretch your shoulders, chest & back at your desk 2 times today	Do not eat any sweets or desserts for 24 hours	Write down 12 things you are thankful for	Volunteer at a local soup kitchen or for a local activity
Do 20 air squats	Eat 2 servings of veggies during your workday	Organize 1 part of your life! Desk, car, kitchen, etc.	Do something nice for a colleague

Sign here

Date

To complete this challenge, sign and upload this checklist by **Dec 17th** to the QR code provided or go to [www.manateeyourchoice.com](http://www.manateeyourchoice.com) and click on Upcoming Events