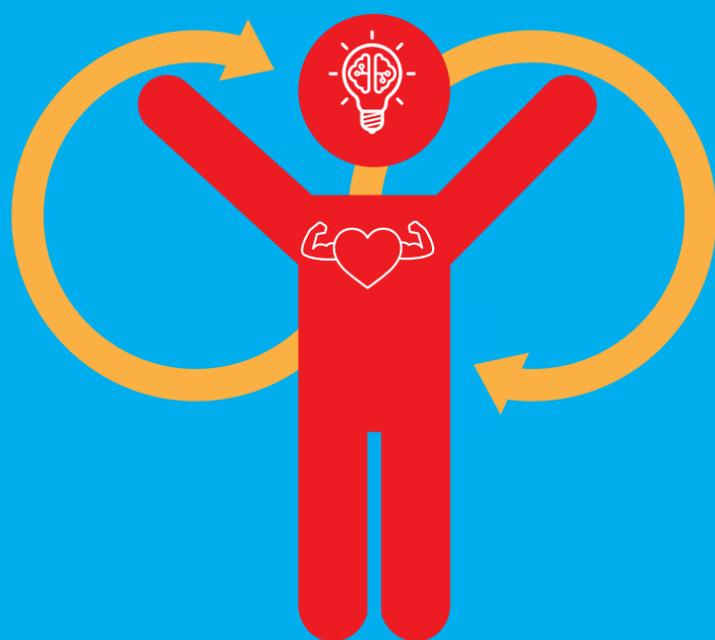


#MeWeek

Employee Wellness Week

Participation is easy. Score 1 point for each challenge that you complete and an additional point for choosing the bonus. You can also score 1 point per day for posting to social media using #MeWeek. A total of 5 points can be scored each day. Have fun tracking your progress and celebrating your effort and accomplishments.



Monday, May 23

Call a friend and share your wellness goal.
 Bonus: ask your friend to hold you accountable.

Take a walk that last at least 20 minutes. Bonus: take this walk outside.

Tuesday, May 24

Meditate for 5+ minutes.
 Bonus: try [Insight Timer](#) or [Headspace](#) (free for teachers).

Move your way for 30 minutes. Bonus: make 50% of your workout vigorous intensity.



Wednesday, May 25

Take a pic of a balanced meal and post to social media using #MeWeek.
 Bonus: use [MyPlate](#) as a resource for guidance.

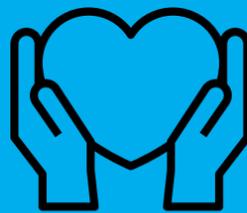
Choose a workout from [Darebee](#). Bonus: workout with a friend.



Thursday, May 26

Engage in self-care (e.g. massage, bubble bath, music, etc.). Bonus: get 8+ hours of sleep too!

Participate in a yoga or stretching routine.
 Bonus: do a routine that lasts for 15+ minutes.



Friday, May 27

Free-write in a journal.
 Bonus: spend 5 additional minutes reflecting on sustaining your efforts this week.

Complete 50 reps of any exercise (in multiple sets). Bonus: do 100 reps!



Active Schools

TOTAL POINTS	Monday	Tuesday	Wednesday	Thursday	Friday
Emotional Wellness	_____	_____	_____	_____	_____
Physical Wellness	_____	_____	_____	_____	_____
Social Media Post	_____	_____	_____	_____	_____