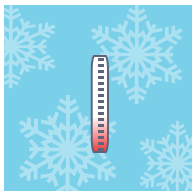


Name: \_\_\_\_\_

# February 2025

## Wellness Challenge!



Exercise with a friend	Try a new activity	Cook a meal from scratch	Take a 24 Hr TV/video break	Drink 64 ounces of water daily for a week
Meditate or pray	Replace an unhealthy snack with a healthy one	Declutter a space at work or home	Sing in the shower	Go alcohol or other substance free for a week
Boogie-down with your Bestie	Do something creative	Get outside for an activity	Listen to something uplifting	Take a nap
Read or write a poem	Eliminate refined sugar for a week	Write down 5 things that you're thankful for	Do something outside of your comfort zone	Send a letter on paper stationary to a loved one

## Instructions

Complete challenge items anytime between February 3 and February 28. Mark off each completed item on your Bingo card and share your progress throughout the month in the Wellness Channel on Teams. Submit your completed card by the end of the month to be entered into the drawing.

