

# Workplace wellness challenge calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Eat veggies</b> Get your 'five a day!' 	<b>Go H2O</b> Get your 'eight a day!'	<b>Daily 30</b> Commit to 30 minutes of exercise every weekday. 	<b>Take the stairs</b> Step it up by taking the stairs.	<b>Get fruity</b> Replace the sweets with fruit.
<b>Take 10</b> Meditate for 10 minutes before starting the work day.	<b>Press pause</b> Switch off all electronics and have a mindful moment.	<b>Breathe deeply</b> Practice as a team to breathe deeply and consciously.	<b>Get out</b> Go outside and walk, jog, jump, skip ... 	<b>Dance-off</b> Have your own office dance-off!
<b>Chair yoga</b> YouTube the moves and start moving. 	<b>Team up</b> Play soccer or volleyball. Any team sport will do! 	<b>Say no to sugar</b> Cut the sugary treats, choose fruit or nuts.	<b>Clean up</b> Create a clean, organised and welcoming workplace.	<b>Say thanks</b> Practice gratitude daily.
<b>Cut fast-foods</b> Improve overall health by avoiding fast food options.	<b>Get dirty</b> Commit to community clean-ups. 	<b>Walk it</b> Have walking meetings. 	<b>Cut it</b> Cut your six cups of coffee down to four.	<b>Healthy team lunches</b> Take turns to provide healthy lunches for your team.
<b>Go meatless</b> Ditch the meat for a day. 	<b>New-hobby day</b> Try something new, promote creativity and reduce stress.	<b>Give a compliment</b> Boost morale by giving a genuine compliment. 	<b>Do your budget</b> Improve your financial wellness. 	<b>Power nap</b> Take a 20-minute power nap to boost productivity and reduce stress.
<b>Get social</b> Prioritise social interactions with family and friends.	<b>Say yes</b> Say 'yes' to new opportunities and experiences.	<b>Say no to fizzy drinks</b> Opt for water or herbal tea instead.	<b>Deskercise</b> Take short breaks to do some quick exercises at your desk.	<b>Celebrate team achievements</b> Promote a positive work culture.