

Wellness Challenges

Provided for you by:
 MORETON & COMPANY

Emotional, Intellectual, & Environmental

Emotional

Attitude of Gratitude	Keep a gratitude journal of two positive things a day.
Meditation Challenge	Practice meditation for 5-15 minutes at least 4 days of the week. Throughout this challenge feel free to try different forms of meditation.
Lights Out!	Improve your mental and physical health by improving your sleep. The goal is to go to bed at the same time for 4 days each week for the duration of the challenge.
Think Positive	Improve your self-love by selecting one positive self-affirmation each day for a month. Your positivity will improve as you make a conscious effort to talk kindly to yourself.
Think Positive BINGO	Focus on Mental Health through a BINGO of positive thinking practices.

Intellectual

Meet with a Mentor	Meet with a mentor or someone you look up to once a week for 4 weeks. Talk with them about something you need help or direction with.
Read Every Day	Read at least 15 minutes a day for the duration of the challenge. Enjoy the numerous physical and mental health benefits of making time to read each day!
Smarter Screen Time	Create a 30 day plan to cut down on screen time, including no screens 30 minutes before going to bed.

Environmental

Be Well & Wander	Get out and explore new places (new hikes, new activities, etc.) with friends, families, and/or coworkers. The goal is to explore a new (or familiar) place once each week during the duration of the challenge.
Here Comes the Sun	The goal is to spend 20 minutes a day out in the sun. The challenge lists different ways people can get out and enjoy the fresh air.
Here Comes the Sun - BINGO	Participate in a fun, outdoor BINGO as you enjoy the benefits of being outside! From bike riding to picnics to yard work, there's something for everyone!
Sun Safety	For one month, apply 3 sun safety tips each week (list of safety tips provided in challenge).

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Fitness & Nutrition

Squat Challenge	Get up and get active by doing squats. As the month goes on, you will build strength as squats are added.
Walking Challenge	Walk for at least 25 minutes a day. Each week of the challenge has a different focus including: Walking for Heart Health, Walking for Immunity, Walking for Mental Health, and more!
Planks Made Easy	Improve your core strength to make daily tasks easier by following the 30 day plank schedule and beginner's tips!
Stand up for Health	Stand up and take a stretch break once every hour while you're at home or at work.
Decrease Your Sweets	Try to eliminate sweet treats from your diet for 4 out of the 7 days of the week.
New Recipe	Try 2 new recipes a week. At the end, employers can have their employees submit recipes to then use for a companywide cookbook or incorporate it into a monthly newsletter.
Go Green	Eat 2-3 cups of vegetables a day for 5 days each week during this challenge and see incredible health benefits!
Meal Prepping	Select one day a week to plan meals and meal prep food for the week. This is a great way to start forming a habit of preparing ahead of time!
Maintain Don't Gain	Make healthier choices during the holiday season by focusing on maintaining or losing weight. Each week, you will receive healthy tips to assist in their goals!
Healthy Habits	Improve your health by incrementally eliminating sweets, fast food, and soda.
Prevent Type 2 Diabetes	This challenge is to help prevent type 2 diabetes. Over 6 months, your goals will be to get at least 150 minutes of physical activity each week and lose 5-7% of your starting weight.
Meatless Mondays	Reach your recommended protein intake with healthier sources of protein in place of Meat each Monday!
Marathon in a Month	Walk or Run a marathon in a month with a beginner's schedule and weekly tips!
Food Journal	Keep a food journal of everything you eat and drink to help you better reach your nutrition goals!

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Financial & Social

Financial

Save \$25	Save an additional \$25 a week on top of what you're already saving. Follow the weekly tips to continuously improve your spending habits!
Bring your Lunch to Work	Bring your lunch to work at least 3 days out of the week. You'll save money and improve your eating habits!
Budgeting	Create and track a weekly budget for the course of the month-long challenge.

Occupational

Water Bottle at your Desk	Bring a water bottle to work every day and keep it filled up. Encourage yourself and those around you to drink the daily recommended amount of water.
Tidy Up BINGO	Each BINGO square will help you tidy up and get organized at work and home!

Social

Office Connects 4	Talk to 4 new people each week or reach out to those you don't talk to often. By the end of the month, you'll have made 16 new connections!
Healthy Selfie	Take a healthy selfie every day doing something health related.
Random Acts of Kindness	Perform at least three random acts-of-kindness per week using the ideas provided!
Tough Talks	Initiate at least one tough talk each week and focus on applying the weekly tip to improve your communication.