

MAY 2020



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Task: Try to complete all 5 areas of Daily Wellness to the best of your ability. At the end of May, add up your total points and email along with your Wellness Calendar to: kmokeler@cedardale-health.net to be entered into the drawing.

Goal: Check off as many daily boxes to earn entries, and each check = 1 point

- 125-155 points = 5 entries
- 94-124 points = 4 entries
- 63-93 points = 3 entries
- 32-62 points = 2 entries
- 31 points = 1 entry

- ☐ Mental
- ☐ Physical
- ☐ Nutrition
- ☐ Hydration
- ☐ Sleep

- ☐ M
- ☐ P
- ☐ N
- ☐ H
- ☐ S

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- ☐ M
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1. **Mental:** 15 Minutes of reading, meditation, watching Feel Good TV, and/or connecting with Family/Friends
2. **Physical:** 30 Minutes of strength or cardio workout, walking, yoga, and/or stretching
3. **Nutrition:** 3 Meals + 2 Snacks, 5 Small Meals, made Healthy Choices, and/or used Portion Control
4. **Hydration:** 64 ounces per day, reduced caffeine intake, and/or reduced alcohol consumption
5. **Sleep:** 7-9 Hours per day or if less than 7 hours, add 1 hour of downtime