



WELLNESS WEEK CHALLENGE

OVERVIEW

Creating a routine and setting up healthy habits can be a challenge, especially when you have many other priorities and obligations day-to-day.

This week, the OAFP encourages you to take a few moments to create space for you. To get you started, we've created a weekly challenge that will focus on physical health and gratitude. Use the Wellness Week Tracker to record challenge actions this week. Be sure to include a goal for the week before you begin and include any additional habits you'd like!

DAILY CHALLENGES

- Daily Physical Health Challenge. We challenge you to complete 10K steps or 30 minutes of intentional activity of your choosing a day, you choose, but get moving! Hit your goal for the day and check it off on the tracker.
- Daily Gratitude Challenge. Every morning or evening take 5 minutes to note the top 3 things you are grateful for, it can be big things or the smallest detail from the day - what made you smile and reflect on that. Don't forget to check it off on your tracker.
- To take it an extra step, add other areas you'd like to make a habit of or focus on during the week. Make it your own!
- To keep momentum and add accountability, share your goals, areas of focus, successes, and challenges with a friend. Set up monthly check-ins to stay accountable. Here's a blank tracker to use long after Wellness Week.
- Submit a copy of your Wellness Week Tracker to Kaitlin McGuffie at kmcguffie@ohioafp.org by **Friday, August 20**, and be entered to win an OAFP logo item!





WELLNESS WEEK TRACKER

GOAL

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M T W T F S S

Physical Health Challenge



Gratitude Challenge



WHAT WORKED

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TO IMPROVE ON

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HABIT TRACKER

GOAL

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WHAT WORKED

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TO IMPROVE ON

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