

# NOVEMBER

## MAYO CLINIC HEALTH SYSTEM COMMUNITY WELLNESS CHALLENGE

■ Exercise Logged ■ Daily Challenge

1	2	3	4	5	6	7
Give yourself 3 small goals to achieve this month	 <p>Eat at least 3 different colors of fruits and vegetables</p>	<p><b>COMMUNITY CONNECTION</b> 12:15–12:30 p.m. Wellness Webinar</p>	Use a tracking app or write down what and how much you eat and drink today	Go a whole day without added sugars	Clean out a closet, desk or drawer that needs it	 <p>Take a picture of something beautiful and share it</p>
8	9	10	11	12	13	14
 <p>Get in an outdoor workout – a run, bike ride, hike or walk</p>	Drink 64 oz. of water throughout the day	<p><b>COMMUNITY CONNECTION</b> 12:15–12:30 p.m. Wellness Webinar</p>	<p><b>GRATITUDE</b> Start or end your day by writing down 5 people you're grateful for</p>	 <p>Try a new smoothie recipe</p>	<p><b>WALK</b> Park further away in parking lot and take stairs</p>	<p><b>GIVE BACK</b></p> <ul style="list-style-type: none"> <li>• Volunteer</li> <li>• Donate</li> <li>• Help</li> </ul>
15	16	17	18	19	20	21
Make a menu plan for the week	 <p><b>UNPLUG</b> Turn off tech at least 30 mins before bed</p>	<p><b>COMMUNITY CONNECTION</b> 12:15–12:30 p.m. Wellness Webinar</p>	Get in 5 servings of fruits and veggies	<p>Write someone a handwritten note or thank you and mail it <i>Use a damp cloth to activate the envelope seal</i></p>	 <p>Try a new recipe</p>	Finish a task or project you've been putting off
22	23	24	25	26	27	28
 <p>Try a guided meditation video or stretch for 15 minutes</p>	Pack a healthy lunch or choose a lite menu option	<p><b>COMMUNITY CONNECTION</b> 12:15–12:30 p.m. Wellness Webinar</p>	 <p><b>MOVE!</b> Get 10,000 steps in</p>	Sit down for a meal with family or friends	<p><b>BE KIND</b> Do a random act of kindness</p>	 <p>NO electronics during meal times</p>
29	30	<b>BONUS</b>				<b>BONUS</b>
Eat some roasted vegetables	<p><b>PLAN IT</b> Write down 3 healthy goals for December</p>	 <p><b>DISCOVER GRATITUDE JOURNAL</b> Make daily entries all month</p>	Fun fall activity of choice	<p><b>FRIDGE CHECK!</b> Clean out and organize fridge &amp; prep healthy snacks for the week</p>	 <p>Share a team or individual favorite healthy recipe, beautiful photo and random act of kindness <b>#MCHSCWC</b></p>	