

Winter Wellness 21-Day Challenge

Did you know that if you do something every day for at least 21 days, you're more likely to form a habit and incorporate it into your daily routine?

Start the New Year off with a positive outlook and choose one of the challenges below or create your own. Encourage your family or friends to pick their challenge and support each other along the way. Share encouragement with [these e-cards](#)



GET PLANKING

Do a plank every day for one minute. If you start to feel stronger, make it 1.5 or 2 minutes.



DAILY SIT-UPS

Week one: 15 sit-ups. Week two: 25 sit-ups. Week three: 50 sit-ups.



DAILY DANCE PARTY

Choose three songs and dance straight through. Share your playlist.



TODAY I FEEL ...

Write down how you feel every day, then draw a picture or take a photo of what represents your mood.



CREATE A FOOD JOURNAL

Write down, draw, or take a picture of what you eat. Which foods make you feel your best?



GET MOVING CHALLENGE

Take a walk or jog or bike every day. Can't get outside? Walk around your home or up and down stairs.



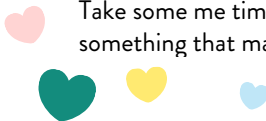
KEEP A GRATITUDE JOURNAL

Write down, draw, or take a picture of what you are grateful for every day.



FEEL-GOOD CHALLENGE

Do a daily good deed for someone else or for yourself. Tell someone what they mean to you. Take some me time to do something that makes you happy.



MEDITATIVE MATH

Does math make you calm? Complete one math problem or sudoku challenge every day.



READ 20 MINUTES A DAY

Whether it is a short story or a chapter of a longer book, make time to read every day. Share your favorites with friends and discuss.



Select one challenge to complete or write your own.