Start

Participate in 30 minutes of physical activity

Pack a healthy snack

Develop a list of activities you enjoy/find relaxing & post it in a visible spot to refer to when stressed

Thursday
To Do:

Make a realistic daily task list

Spend 10 minutes completing stretching exercises

Eat 3+ servings of fruits & veggies

Eliminate naps or limit naps to less than 1 hr

Do a fun activity with a friend

WEEK 1
Total Points: _____

STUDENT HEALTH & WELLNESS