



**Nov. 21, 2022 to Jan. 15, 2023**

# Weekly Healthy Habit Checklist Tracker

- I will track my completed challenges weekly!
- I will submit my completed challenges tracker weekly!
- I will submit weekly and be eligible to win prizes at The end of eight weeks!

Week	Challenges	
<b>Week 1</b> 11.21 – 11.27	<input type="checkbox"/> Try walking as if you are already late to your destination. <input type="checkbox"/> Set an alarm to go off every 60 minutes and move around For 5 minutes. <input type="checkbox"/> Enjoy 30 minutes outdoors for at least 3 days this week.	<input type="checkbox"/> Reduce your salt intake for a week (read labels and opt for less) <input type="checkbox"/> Check your blood pressure and determine your healthy range.
<b>Week 2</b> 11.28 - 12.4	<input type="checkbox"/> Try a yoga class on line or in person at the AWC. <input type="checkbox"/> Write a handwritten note to a friend you haven't talked to In a while. <input type="checkbox"/> Drink 2 more bottles of water than you normally do.	<input type="checkbox"/> Go for a short 10-15 minute walk after dinner. <input type="checkbox"/> Deep clean your fridge or food storage area. Remove expired Items, and sanitize the space.
<b>Week 3</b> 12.05 - 12.11	<input type="checkbox"/> Try a new exercise movement you have not done before. <input type="checkbox"/> Spend an entire day being nothing but positive. <input type="checkbox"/> Cut out added sugars in your food for a week.	<input type="checkbox"/> Complete 10,000 steps each day for a week. <input type="checkbox"/> Listen to a calming playlist for at least 30 minutes. Be still.
<b>Week 4</b> 12.12 - 12.18	<input type="checkbox"/> Have a social media detox day. <input type="checkbox"/> Spend time upgrading your personal hygiene routine. <input type="checkbox"/> Plan all of your meals for one week. Prep where you can.	<input type="checkbox"/> Eat smaller portion sizes than you normally do for a week. <input type="checkbox"/> Replace your snack food with a healthy fruit option.
<b>Week 5</b> 12.21 - 12.25	<input type="checkbox"/> Try meditating for 30 minutes. <input type="checkbox"/> Try a new strength exercise for your lower or upper back. <input type="checkbox"/> Treat yourself for a day. Buy something new!	<input type="checkbox"/> Stand up and do 10 squats every hour while at work oh home. <input type="checkbox"/> Give out hugs this week. Hug a friend for no reason.
<b>Week 6</b> 12.26 - 01.01	<input type="checkbox"/> Try 5 minutes of stretching when you wake up. <input type="checkbox"/> Deep clean an area of your home. Remove unused items. <input type="checkbox"/> Drink a full glass of water immediately after waking up.	<input type="checkbox"/> Go to bed 30 minutes before you normally do. Each day this week. <input type="checkbox"/> Write down three things your a grateful for Each day this week.
<b>Week 7</b> 01.02 - 01.08	<input type="checkbox"/> Schedule a checkup visit with your doctor. Be proactive. <input type="checkbox"/> Listen to a podcast on a subject you don't know about. <input type="checkbox"/> Add a random act of kindness into each day this week.	<input type="checkbox"/> Set a new personal record for an exercise this week. <input type="checkbox"/> Try something you are afraid of this week.
<b>Week 8</b> 01.09 01.15	<input type="checkbox"/> Do not use electronics one hour before bed. <input type="checkbox"/> Add a daily vitamin to your morning routine. <input type="checkbox"/> If possible, remove something negative from your life.	<input type="checkbox"/> Take a mid afternoon nap. <input type="checkbox"/> Try using all of the available resources at the Earlham College Athletics and Wellness Center.

**\*Please submit this tracker weekly. Link submission will be sent in weekly emails.**

Each of the weekly challenges will cover different aspects of health such as activity, maintenance, diet, metabolism, Mindfulness, etc.

More info: [www.Earlham.edu/Wellness](http://www.Earlham.edu/Wellness)