

Use this worksheet to aid in using the celebrating wellness calendar! Even if you don't achieve them all, you'll make steps in the right direction!

**WEEK #1: JULY 1-4**

**COMMENTS AND THOUGHTS**

EATING  
SAFETY  
MENTAL HEALTH  
EXERCISE  
CARING FOR OTHERS  
CELEBRATION  
ENVIRONMENT



**Wednesday, July 1**

Try an outdoor scavenger hunt. Put on some comfy walking shoes, print out an outdoor scavenger sheet and go searching! Not only is it a good form of exercise but you may discover places around your city that you didn't even know existed.

☐ **Task Achieved!**

Did you have a scavenger hunt? ☐ Yes ☐ No  
 Where did the scavenger hunt take you? \_\_\_\_\_  
 Did you discover anything new? \_\_\_\_\_

**Thursday, July 2**

Do you have a book on your bookshelf that you haven't read for a while or maybe have never read? Give it to someone who will. Leave it at the workplace for others to read. Start a swap library at work.

☐ **Task Achieved!**

Are there any books on your shelf you haven't read in awhile or maybe not at all? ☐ Yes ☐ No  
 Which ones are they? \_\_\_\_\_  
 Will you give it away or start a book swap? ☐ Away ☐ Swap

**Friday, July 3**

Celebrate the wonderful world of music by listening to a new genre today with open ears. Try some classics, country, rock, or even Christmas music.

☐ **Task Achieved!**

What new music genre did you listen to? \_\_\_\_\_  
 How did you like it? 😊 😐 😞 😡 😠 \_\_\_\_\_  
 Will you listen to it again? ☐ Absolutely ☐ Maybe ☐ Never Again  
 What genre do you want to try next? \_\_\_\_\_









**Saturday, July 4**

Invest in a travel mug. Travel mugs keep your beverage hot for longer, uses less waste and less re-boiling the kettle. Some coffee chains will even offer a discount for filling up your own cup rather than issuing a paper one.

☐ **Task Achieved!**

Have you purchased a travel mug? ☐ Yes ☐ No  
 Have you received any discounts for filling up your own cup?  
☐ Yes ☐ No

WEEK #2: JULY 5-11		COMMENTS AND THOUGHTS
EATING	<b>Sunday, July 5</b> Try eating with the season. Buy produce that are in season and you'll get lots of nutrients. July and August are perfect months for fresh fruit like peaches, raspberries, and watermelon as well as vegetables such as beans, tomatoes, and zucchini. <div> <input type="checkbox"/> <b>Task Achieved!</b> </div>	What in season foods did you eat? _____ Have you tried anything new? <input type="checkbox"/> Yes <input type="checkbox"/> No _____ What is your favourite July food? _____ <i>Share with us what season foods you have discovered! See if anyone else has anything new for you to try.</i>
	<b>Monday, July 6</b> Is your workstation set up to reduce strains/sprains? Are you adjusting throughout your workday? Check it to be sure. <div> <input type="checkbox"/> <b>Task Achieved!</b> </div>	Have you checked your workstation to reduce strains/sprains? <input type="checkbox"/> Yes <input type="checkbox"/> No What do you need to adjust? _____ <i>If you are still struggling trying to get your workstation correct, send us an email and we can help.</i>
SAFETY	<b>Tuesday, July 7</b> Release the tension you may have built up. In a private place, let it all out! Have a tantrum, scream, cry, jump, throw pillows, whatever releases the tension in a safe way. <div> <input type="checkbox"/> <b>Task Achieved!</b> </div>	How did you release your built up tension? <input type="checkbox"/> Scream <input type="checkbox"/> Cry <input type="checkbox"/> Jump <input type="checkbox"/> Other: _____ How do you feel now? 😊 😐 😞 😡 _____
	<b>Wednesday, July 8</b> Reorganize some furniture in your house. Crazy as it sounds, this counts as exercise so get your sweat on while giving your house a fun makeover. <div> <input type="checkbox"/> <b>Task Achieved!</b> </div>	Were you able to reorganized some furniture? <input type="checkbox"/> Yes <input type="checkbox"/> No What did you move around? _____ Did you break a sweat? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>Try this every once in awhile for a different scenery. It's crazy what moving some furniture around can do for you.</i>
MENTAL HEALTH	<b>Thursday, July 9</b> Take the time to teach someone a skill you know. This could be teaching your mom how to use some features on her phone or teaching your co-worker a valuable skill at work. <div> <input type="checkbox"/> <b>Task Achieved!</b> </div>	What skill did you teach someone? _____ Who did you teach? _____ Were you able to learn anything new yourself? <input type="checkbox"/> Yes <input type="checkbox"/> No _____
	<b>Friday, July 10</b> Celebrate getting things done! Have you been putting off something either at work or home? Start your day with the task you're least looking forward to, maybe clean out that fridge, or closet. You are freshest in the morning so why not get that task over and done with? Less stress! <div> <input type="checkbox"/> <b>Task Achieved!</b> </div>	What tasks have you been putting off? 1. _____ 3. _____ 2. _____ 4. _____ Were you able to cross anything off your list? <input type="checkbox"/> Yes <input type="checkbox"/> No
EXERCISE	<b>Saturday, July 11</b> When lighting that campfire or BBQ choose matches over a lighter, and ideally paper matches over wood ones. While the wood ones are made from trees, the paper ones are made from recycled paper. <div> <input type="checkbox"/> <b>Task Achieved!</b> </div>	Did you remember to not use a lighter? <input type="checkbox"/> Yes <input type="checkbox"/> No Were you able to find paper matches? <input type="checkbox"/> Yes <input type="checkbox"/> No How did you enjoy your campfire or BBQ? 😊 😐 😞 😡 _____
CARING FOR OTHERS		
CELEBRATION		
ENVIRONMENT		

WEEK #3: JULY 12-18		COMMENTS AND THOUGHTS
EATING	<b>Sunday, July 12</b> Today is orange day. Incorporate orange foods into your meals. Oranges, carrots, squash, grapefruit, etc. <input type="checkbox"/> <b>Task Achieved!</b>	What orange food did you have today? _____ Did you try anything new? <input type="checkbox"/> Yes <input type="checkbox"/> No What is your favourite orange food? _____ <i>Share with us your favourite orange foods! See if anyone else has anything new for you to try.</i>
	<b>Monday, July 13</b> Make a list of your current medications, including dosage and strength, and store it with your medical documents. There are even apps you can download on your phone that can store this information for you. <input type="checkbox"/> <b>Task Achieved!</b>	Did you make a list of your medications? <input type="checkbox"/> Yes <input type="checkbox"/> No 1. _____ 2. _____ 3. _____
SAFETY	<b>Tuesday, July 14</b> When you're feeling down, change your posture. A powerful position can help you feel more powerful in life. Chest proud, shoulders back, stand tall. <input type="checkbox"/> <b>Task Achieved!</b>	Did you adjust your posture today? <input type="checkbox"/> Yes <input type="checkbox"/> No Did it change the way you felt? <input type="checkbox"/> Yes <input type="checkbox"/> No
	<b>Wednesday, July 15</b> The weather's beautiful out right now so make sure you get outside! Take a walk around the neighbourhood or even do that yard work you've been putting off. <input type="checkbox"/> <b>Task Achieved!</b>	Did you make sure to get outside? <input type="checkbox"/> Yes <input type="checkbox"/> No What did you do? <input type="checkbox"/> Walk <input type="checkbox"/> Yard Work <input type="checkbox"/> Bike Ride <input type="checkbox"/> Other: _____ How do you feel being outside?     _____
MENTAL HEALTH	<b>Thursday, July 16</b> Lend your ear to someone who may need to vent or talk through an issue. <input type="checkbox"/> <b>Task Achieved!</b>	Did you lend a ear to someone in need? <input type="checkbox"/> Yes <input type="checkbox"/> No Did you noticed it helped them? <input type="checkbox"/> Yes <input type="checkbox"/> No
	<b>Friday, July 17</b> Celebrate our amazing mind by challenging your brain with a crossword puzzle, Sudoku, word search, etc. <input type="checkbox"/> <b>Task Achieved!</b>	How did you challenge your brain? _____ Did you enjoy it?     _____ <input type="checkbox"/> Absolutely <input type="checkbox"/> Not my thing <input type="checkbox"/> I liked it more than I thought <i>Share a mind challenge with us on social media or with your workplace! It's a great way to get people involved in a fun activity.</i>
EXERCISE	<b>Saturday, July 18</b> Next time you have to fly somewhere or go to an event, check to see if they offer e-tickets/boarding passes as opposed to paper ones. <input type="checkbox"/> <b>Task Achieved!</b>	Do you check for paperless options when you buy tickets? <input type="checkbox"/> Yes <input type="checkbox"/> No What do you buy tickets for most? <input type="checkbox"/> Travel <input type="checkbox"/> Concerts <input type="checkbox"/> Theatre <input type="checkbox"/> Other: _____
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WEEK #4: JULY 19-25		COMMENTS AND THOUGHTS
EATING	<b>Sunday, July 19</b> Give your water a refreshing kick today by adding some fresh mint, cucumbers or lemons. <input type="checkbox"/> <b>Task Achieved!</b>	Did you add a refreshing kick to your water? <input type="checkbox"/> Yes <input type="checkbox"/> No What did you add? _____ Have you tried anything you don't like? _____ <i>Share your favourite refreshing water kicks with us on social media!</i>
	<b>Monday, July 20</b> Make sure you're not overloading electrical outlets, either at work or at home. They can overheat and start a fire. <input type="checkbox"/> <b>Task Achieved!</b>	Did you check all your electrical outlets? <input type="checkbox"/> Yes <input type="checkbox"/> No Were any of them overloaded? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, did you fix it? <input type="checkbox"/> Yes <input type="checkbox"/> No
SAFETY	<b>Tuesday, July 21</b> Rearrange your space. Make it more efficient, clear the clutter and organize. <input type="checkbox"/> <b>Task Achieved!</b>	Did you rearrange your space? <input type="checkbox"/> Yes <input type="checkbox"/> No How does it make you feel now? 😊 😐 😞 😡 _____
	<b>Wednesday, July 22</b> Look into taking a dance class; swing dancing, ballet, salsa, etc. These different styles of dance will raise your heart rate and challenge your coordination. You can also check out YouTube for some dance videos. Everyone can enjoy dancing so include a partner! <input type="checkbox"/> <b>Task Achieved!</b>	Did you take a dance class? <input type="checkbox"/> Yes <input type="checkbox"/> No What kind of dance style did you choose? _____ How did you enjoy it? 😊 😐 😞 😡 _____ Will you go again? <input type="checkbox"/> For sure! <input type="checkbox"/> Not my thing
MENTAL HEALTH	<b>Thursday, July 23</b> Create a care package for someone who may be sick or just in need of some cheering up. Add some reading material, a sweet treat, and some other goodies. <input type="checkbox"/> <b>Task Achieved!</b>	How many care packages have you created? <b>1 2 3 4 5 6 7 8 9 10</b> Are you making sure to deliver them carefully? <input type="checkbox"/> Yes <input type="checkbox"/> No
	<b>Friday, July 24</b> Celebrate a great week at work and get organized for the next week. It will let you enjoy whatever fun plans you have for the evening. <input type="checkbox"/> <b>Task Achieved!</b>	Time to get organized, what do you need to do next week? _____ _____ _____
EXERCISE	<b>Saturday, July 25</b> Download software; it is often cheaper to download software than it is to buy the discs. It also reduces wasted packaging materials and can be beneficial when the software is upgraded. <input type="checkbox"/> <b>Task Achieved!</b>	Have you downloaded any software? <input type="checkbox"/> Yes <input type="checkbox"/> No _____ _____
CARING FOR OTHERS		
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WEEK #5: JULY 26-31		COMMENTS AND THOUGHTS
EATING	<b>Sunday, July 26</b> Choose to make healthy "sweet" choices this week. Eat fruit when you're craving something sweet and skip the sugar in your coffee. <input type="checkbox"/> <b>Task Achieved!</b>	What healthy "sweet" treats did you have? _____ What is your favourite healthy "sweet"? _____ <i>Share with us on social media all your favourite healthy sweets, see if anyone has anything else you can try.</i>
	<b>Monday, July 27</b> Remember to clean the lint trap of your dryer after every load. The built up of lint is a fire hazard. Make sure to check the back of the dryer as well for any additional trapped lint and the pipe and the outside vent. <input type="checkbox"/> <b>Task Achieved!</b>	Did you remember to empty the lint trap? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you have a second lint trap? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>Some condos and apartments have a second lint trap in the ceiling. Buying a new home? Ask your inspector to check for extra lint traps.</i>
SAFETY	<b>Tuesday, July 28</b> Take a few hours for yourself. Enjoy a solo walk, hideout somewhere or see a movie by yourself. Just enjoy you. <input type="checkbox"/> <b>Task Achieved!</b>	Did you take some time for yourself? <input type="checkbox"/> Yes <input type="checkbox"/> No What did you do? _____ How are you feeling now? 😊 😐 😞 😡 _____
	<b>Wednesday, July 29</b> Do a 'kid' kind of exercise. Hula hooping, trampolines, skip rope, , you will be smiling as you try this! <input type="checkbox"/> <b>Task Achieved!</b>	What 'kid' exercise did you do? <input type="checkbox"/> Hula Hooping <input type="checkbox"/> Trampoline <input type="checkbox"/> Skip Rope <input type="checkbox"/> Other: _____
MENTAL HEALTH	<b>Thursday, July 30</b> Offer to babysit, pet-sit, or even house-sit for someone who may need some 'me' time. <input type="checkbox"/> <b>Task Achieved!</b>	How did you help someone? <input type="checkbox"/> Babysit <input type="checkbox"/> Pet-sit <input type="checkbox"/> House-sit <input type="checkbox"/> Other: _____ Did you learn anything during this time? _____
	<b>Friday, July 31</b> Celebrate the kids in your life. Take them to the park for some fun, do a craft, play a game or just spend time with that little one! <input type="checkbox"/> <b>Task Achieved!</b>	How did you celebrate with the kids in your life? <input type="checkbox"/> Park <input type="checkbox"/> Crafts <input type="checkbox"/> Tag <input type="checkbox"/> Other: _____ <i>Don't have any kids? Do something you enjoyed to do when you were a child.</i>
EXERCISE	<b>SEE YOU IN AUGUST!</b>	
	How many tasks did you complete this month? _____ <i>Start thinking about your August goals!</i>	
CARING FOR OTHERS		
CELEBRATION		
ENVIRONMENT		