

June 2020 Worksheet

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: JUNE 1 - 6		COMMENTS AND THOUGHTS
EATING SAFETY MENTAL HEALTH EXERCISE CARING FOR OTHERS CELEBRATION ENVIRONMENT	Monday, June 1 It's backpack awareness day! Check your bag, purse, backpack, etc. and ensure that they aren't too heavy and that you're wearing them properly. Have kids? Make sure that their backpacks are an appropriate size and weight. <input type="checkbox"/> Task Achieved!	Did you check your bags today? <input type="checkbox"/> Yes <input type="checkbox"/> No Were they too heavy? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Tuesday, June 2 Try meditation today. It doesn't have to be directed or at a studio. Just lie back and focus on clearing your mind for 15 minutes. Mind won't rest? Then say, softly one word like "peace" Focus on your breathing to help calm your mind. <input type="checkbox"/> Task Achieved!	Did you try meditation today? <input type="checkbox"/> Yes <input type="checkbox"/> No How did you like it? 😊 😐 😞 😡 😠 <input type="checkbox"/> Loved it! <input type="checkbox"/> I want to do it again <input type="checkbox"/> Not my thing
	Wednesday, June 3 Schedule your workouts for the month. Plan ahead; this sets you up for success. <input type="checkbox"/> Task Achieved!	What does your workout schedule for the month look like? _____ _____ _____
	Thursday, June 4 Do the dishes for your colleagues at work. See them starting to pile up in the sink? Roll up your sleeves and quickly get them completed. <input type="checkbox"/> Task Achieved!	Did you help with the dishes today? <input type="checkbox"/> Yes <input type="checkbox"/> No How does the kitchen look now? Does anything else need to be done? _____ How did your colleagues react? 😊 😐 😞 😡 😠 _____
	Friday, June 5 Celebrate the beauty of plants that we have all around us. Add some potted plants to your space, either at work (as long as you're allowed) or at home. Maybe go for a walk at your local park, or visit a green house and admire the flowers. <input type="checkbox"/> Task Achieved!	Did you get any plants today? <input type="checkbox"/> Yes <input type="checkbox"/> No What kind did you get? _____ <i>Share your new plants or your favourite green house with us on social media!</i>
	Saturday, June 6 BBQ season is here! Look for compostable paper plates, cups and utensils. Compost these items in your own yard or in your organics bin, depending on your city. <input type="checkbox"/> Task Achieved!	Do you use compostable paper plates, cups and utensils for your bbq's? <input type="checkbox"/> Yes <input type="checkbox"/> No

WEEK #2: JUNE 7 - 13		COMMENTS AND THOUGHTS
EATING	Sunday, June 7 Pick your own food. There are lots of farms for picking fresh berries and more. Bring them home and enjoy. <input type="checkbox"/> Task Achieved!	Did you go farm picking? <input type="checkbox"/> Yes <input type="checkbox"/> No Where did you go? _____ What did you pick? _____ <i>Share it with us on social media so others can enjoy it too!</i>
	Monday, June 8 Check out your urine. The best way to check your hydration levels is your urine. Pale yellow = well hydrated! Too dark, drink more water. <input type="checkbox"/> Task Achieved!	Do you need to drink more water? <input type="checkbox"/> I'm well hydrated! <input type="checkbox"/> I could use more water
SAFETY	Tuesday, June 9 Spend some time with a dog, cat, or other furry friend. Spending time with animals can lower your stress and stimulate feelings of happiness. If you don't have a pet, visit a local shelter. <input type="checkbox"/> Task Achieved!	Did you spend time with a furry friend? <input type="checkbox"/> Yes <input type="checkbox"/> No What kind? <input type="checkbox"/> Dog <input type="checkbox"/> Cat <input type="checkbox"/> Other: _____ How did it make you feel? 😊 😐 😞 😡 _____ <i>Share a picture with us on social media!</i>
	Wednesday, June 10 Try to get in some extra steps today. Maybe park further away from work than you usually would, take the stairs instead of the elevator, or even just march in place while you brush your teeth. <input type="checkbox"/> Task Achieved!	Do you track your steps? <input type="checkbox"/> Yes <input type="checkbox"/> No How many steps did you get in today? _____ How do you feel? 😊 😐 😞 😡 _____
MENTAL HEALTH	Thursday, June 11 Call a local food pantry and see what kind of food they need and then head to your local grocery store, make some healthy purchases and fill the food bank shelves. <input type="checkbox"/> Task Achieved!	Did you call your local food bank? <input type="checkbox"/> Yes <input type="checkbox"/> No What foods do they need? _____ _____ _____
	Friday, June 12 Plan a fun game night with some friends, family, or coworkers and celebrate the fun. There are tons of online games that people are able to play together, many with built in chat features! <input type="checkbox"/> Task Achieved!	Have you planned a game night? <input type="checkbox"/> Yes <input type="checkbox"/> No What online games do you like to play the most? _____ <i>Share it with us on social media, you might find a new game to play!</i>
EXERCISE	Saturday, June 13 Save your errands for one day. Instead of running each errand as it occurs to you, try saving them all for one day. This will save you time and will also reduce your fuel costs. <input type="checkbox"/> Task Achieved!	What errands do you have to do? _____ _____ Can they all be saved for another day? <input type="checkbox"/> Yes <input type="checkbox"/> No S M T W T F S

WEEK #3: JUNE 14 - 20		COMMENTS AND THOUGHTS
<div>EATING</div> <div>SAFETY</div> <div>MENTAL HEALTH</div> <div>EXERCISE</div> <div>CARING FOR OTHERS</div> <div>CELEBRATION</div> <div>ENVIRONMENT</div>	Sunday, June 14 Get some extra lean protein in today such as plain Greek yogurt, lentils, fish, or chicken. It will boost your metabolism, stabilize blood sugar levels and give you a boost of energy. <input type="checkbox"/> Task Achieved!	What extra lean protein did you fit into your day? _____ How did you like it? 😊 😐 😞 😡 _____ What will you try next? _____
	Monday, June 15 Embrace the yawn. We all do it. Resist the urge to stifle the yawn; it actually helps cool your brain. Let yourself yawn, but don't forget to cover your mouth! <input type="checkbox"/> Task Achieved!	Do you yawn often? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, how many times a day? <div>1 - 5 5 - 10 10 - 15 15 or ></div>
	Tuesday, June 16 Pick out your clothes and prep for the work week. You'll not only save some time in the mornings, but it will give you a sense of control for the week. <input type="checkbox"/> Task Achieved!	Did you pick out your clothes for the week? <input type="checkbox"/> Yes <input type="checkbox"/> No How much time did it save you getting ready? <i>(time is in minutes)</i> <div>5-10 15-20 25-30 35-40 45-50 55-60</div>
	Wednesday, June 17 Before working out, remember to warm up first. Doing a 10-minute warm up prior to working out reduces your chance of injury. Apply this rule at work as well. Warm up before your shift. <input type="checkbox"/> Task Achieved!	Did you remember to warm up today? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you feel the difference? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Thursday, June 18 Send a letter to someone who might need some cheering up such as someone in a nursing home. <input type="checkbox"/> Task Achieved!	Who did you send a letter to? _____ How did it make them feel? 😊 😐 😞 😡 _____
	Friday, June 19 Today, celebrate the financial wellness you are working towards, or maybe have already achieved. Put your credit cards away and only pay for your purchases using cash. Better yet, try not to make any purchases at all today. <input type="checkbox"/> Task Achieved!	What is your financial goal? _____ Have you reached it? <input type="checkbox"/> Yes <input type="checkbox"/> No Did you put your credit cards away? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Saturday, June 20 Consider using a professional car wash service to clean your car. Car wash services have the optimal amount of water for a thorough clean down to an art. Using these services ensures minimal water wastage. <input type="checkbox"/> Task Achieved!	Did you get your car professionally cleaned? <input type="checkbox"/> Yes <input type="checkbox"/> No Where did you go? _____ Will you do go there again? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>Share your favourite car wash spot with us on social media!</i>

WEEK #4: JUNE 21 - 27		COMMENTS AND THOUGHTS																				
EATING	Sunday, June 21 Review your grocery list. If you don't buy those salty or sweet unhealthy snacks, you won't eat them. Also try to avoid grocery shopping on an empty stomach. <input type="checkbox"/> Task Achieved!	How many salty/sweet snacks do you have on your grocery list? 1 - 5 5 - 10 10 - 15 15 or > Did you cut them out? <input type="checkbox"/> Yes <input type="checkbox"/> No What are some better alternatives you found? _____																				
	Monday, June 22 Personal protective equipment (PPE) is not just for work but also for home. Look around your home and see what PPE may be missing or in need of replacing. Maybe your oven mitts have seen better days, or your eye goggles need replacing! <input type="checkbox"/> Task Achieved!	Have you checked your PPE? <input type="checkbox"/> Yes <input type="checkbox"/> No What needs replacing? _____ _____ _____																				
SAFETY	Tuesday, June 23 I think I can, I know I can. This is your mantra for the day. Every hour or more, repeat this mantra to yourself. I think I can; I know I can. Let your positivity flow. <input type="checkbox"/> Task Achieved!	Have you repeated your mantra? <table border="0"> <tr> <td><input type="checkbox"/> 5:00AM</td> <td><input type="checkbox"/> 9:00AM</td> <td><input type="checkbox"/> 1:00PM</td> <td><input type="checkbox"/> 5:00PM</td> <td><input type="checkbox"/> 9:00PM</td> </tr> <tr> <td><input type="checkbox"/> 6:00AM</td> <td><input type="checkbox"/> 10:00AM</td> <td><input type="checkbox"/> 2:00PM</td> <td><input type="checkbox"/> 6:00PM</td> <td><input type="checkbox"/> 10:00PM</td> </tr> <tr> <td><input type="checkbox"/> 7:00AM</td> <td><input type="checkbox"/> 11:00AM</td> <td><input type="checkbox"/> 3:00PM</td> <td><input type="checkbox"/> 7:00PM</td> <td><input type="checkbox"/> 11:00PM</td> </tr> <tr> <td><input type="checkbox"/> 8:00AM</td> <td><input type="checkbox"/> 12:00PM</td> <td><input type="checkbox"/> 4:00PM</td> <td><input type="checkbox"/> 8:00PM</td> <td><input type="checkbox"/> 12:00AM</td> </tr> </table>	<input type="checkbox"/> 5:00AM	<input type="checkbox"/> 9:00AM	<input type="checkbox"/> 1:00PM	<input type="checkbox"/> 5:00PM	<input type="checkbox"/> 9:00PM	<input type="checkbox"/> 6:00AM	<input type="checkbox"/> 10:00AM	<input type="checkbox"/> 2:00PM	<input type="checkbox"/> 6:00PM	<input type="checkbox"/> 10:00PM	<input type="checkbox"/> 7:00AM	<input type="checkbox"/> 11:00AM	<input type="checkbox"/> 3:00PM	<input type="checkbox"/> 7:00PM	<input type="checkbox"/> 11:00PM	<input type="checkbox"/> 8:00AM	<input type="checkbox"/> 12:00PM	<input type="checkbox"/> 4:00PM	<input type="checkbox"/> 8:00PM	<input type="checkbox"/> 12:00AM
	<input type="checkbox"/> 5:00AM	<input type="checkbox"/> 9:00AM	<input type="checkbox"/> 1:00PM	<input type="checkbox"/> 5:00PM	<input type="checkbox"/> 9:00PM																	
<input type="checkbox"/> 6:00AM	<input type="checkbox"/> 10:00AM	<input type="checkbox"/> 2:00PM	<input type="checkbox"/> 6:00PM	<input type="checkbox"/> 10:00PM																		
<input type="checkbox"/> 7:00AM	<input type="checkbox"/> 11:00AM	<input type="checkbox"/> 3:00PM	<input type="checkbox"/> 7:00PM	<input type="checkbox"/> 11:00PM																		
<input type="checkbox"/> 8:00AM	<input type="checkbox"/> 12:00PM	<input type="checkbox"/> 4:00PM	<input type="checkbox"/> 8:00PM	<input type="checkbox"/> 12:00AM																		
MENTAL HEALTH	Wednesday, June 24 Go for a 30-minute walk. Can't find 30 minutes? Do 10 minutes, 3 times today. <input type="checkbox"/> Task Achieved!	Did you go for a walk today? <input type="checkbox"/> Yes <input type="checkbox"/> No How long did you walk for? _____ How did it make you feel? 😊 😐 😞 😡 😠																				
	Thursday, June 25 Run an errand for someone. Maybe volunteer to be the person to run out for coffee for the office or see if a friend or family member needs you to grab something before you head home for the day. <input type="checkbox"/> Task Achieved!	What errand did you run for someone? _____ _____ How did it make them feel? 😊 😐 😞 😡 😠																				
EXERCISE	Friday, June 26 Celebrate that the weekend is here by doing something to spoil yourself when you get home. Go to a movie, out for a healthy meal or take a nap! Those chores/errands will still be there tomorrow. <input type="checkbox"/> Task Achieved!	How did you spoil yourself? _____ _____ _____																				
	Saturday, June 27 Reduce your junk mail. The average person receives forty pounds of junk mail per year, most of which goes straight into the trash. Cut out the waste by putting a note on your mailbox stating that you 'do not wish to receive Canada Post Neighbourhood Mail'. <input type="checkbox"/> Task Achieved!	Did you remember to place a note on your mailbox? <input type="checkbox"/> Yes <input type="checkbox"/> No																				
CARING FOR OTHERS																						
CELEBRATION																						
ENVIRONMENT																						

WEEK #5: JUNE 28 - 30

COMMENTS AND THOUGHTS

Sunday, June 28

Don't forget your fiber. This will not only help keep you regular but keep you fuller for longer, so you don't overindulge. Good sources of fiber include oatmeal, carrots, whole-wheat bread, lentils, kidney beans, dates, prunes, etc.

☐ **Task Achieved!**

What fiber foods did you add to your diet? _____

Did you like it? ☐ Yes ☐ No

Did you find you were fuller longer? ☐ Yes ☐ No

Monday, June 29

Educate yourself. Take a look at your Health and Safety Board and read the monthly safety talk. Be aware of the hazards in your workplace and how you can protect yourself.

☐ **Task Achieved!**

Have you looked at your Health & Safety Board? ☐ Yes ☐ No

What did you learn? _____

Was there anything you think should be added? ☐ Yes ☐ No

Tuesday, June 30

Do some breathing exercises. Learn to control your breath and use it as a tool for stress management. There are plenty of apps or videos on YouTube to assist with this. Slow down and breath.

☐ **Task Achieved!**

How are you controlling your breathing?

☐ Youtube ☐ Apps ☐ Others: _____

How has it made you feel? 😊 😐 😞 😡 😠

