

October 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: OCTOBER 1-3

EATING

SAFETY

MENTAL HEALTH

EXERCISE

CARING FOR OTHERS

CELEBRATION

ENVIRONMENT

COMMENTS AND THOUGHTS



Thursday, October 1

If you notice someone who may be lost or struggling with something, take the time to ask, 'how can I help?'

Task Achieved!

Were you able to help anyone today?

How did they seem after you talked?

Friday, October 2

Celebrate how valuable your time is and stop trying to multi-task. If something's worth your time, do it right. Multi-tasking is not only less productive but can also cause unnecessary stress.

Task Achieved!

Were you able to stop multi-tasking today? Yes No

Did you find you were more productive only focusing on one task at a time? Yes No

Saturday, October 3

Join a library instead of buying books. This will not only help the environment, but your wallet will thank you as well!

Task Achieved!

Did you join a library? Yes No

How do you like it? What is your favourite book?

Share your favourite book with us on social media so we can enjoy it too!

WEEK #2: OCTOBER 4-10

COMMENTS AND THOUGHTS

Sunday, October 4

When eating out at a buffet or even just eating at home, try using a smaller plate. This can trick your brain into thinking you're eating more than you are and can assist with portion control.

 Task Achieved!

Have you tried eating on a smaller plate? Yes No

Did you find you got full faster? Yes No

Fun Fact! Did you know that the colour of your plate can also trick your brain? White plates represent emptiness, which will make you eat more than a coloured plate would.

Monday, October 5

Ask your doctor about recommended screenings such as mammograms, prostate checks, skin cancer screenings, and others.

 Task Achieved!

Have you booked yourself a medical screening? Yes No

Write your appointment down here so you don't forget!

Where: _____ When: _____

Doctor Name: _____ Screening: _____

Tuesday, October 6

Develop a new stressbuster. Instead of a bowl of ice cream or an alcoholic drink, treat yourself to a bowl of tasty, exotic fruit. Maybe take a long walk somewhere or enjoy an afternoon out with a friend or family member.

 Task Achieved!

What is your healthy stressbuster? _____

What did you do before this healthy alternative? _____

Do you see the difference this alternative makes? Yes No

Share with us on social media your healthy stressbuster. Maybe you will find something new to try or give someone else a better alternative.

Wednesday, October 7

Make plans to go for a long walk or hike and enjoy the changing fall leaves this week. Get this in your schedule and you will achieve it.

 Task Achieved!

Have you planned to go for a walk or hike? Yes No

Where is your favourite place to go? _____

Take a few pictures along the way and make sure to tag us in them so we can see your beautiful fall photos.

Thursday, October 8

If you have no plans for the Thanksgiving weekend, consider volunteering at a local shelter or hospital. Brighten someone's day who may be alone this holiday.

 Task Achieved!

What are your plans for Thanksgiving? _____

Do you plan on doing any volunteer work? Yes No

If yes, where do you volunteer during the holiday? _____

Friday, October 9

Celebrate the fun in life by seeing if you can make a task either at work or home more fun. Maybe turn cleaning your house into a dance party? Or make it a competition and see who can rake the bigger pile of leaves.

 Task Achieved!

What tasks do you hate doing? _____

How are you going to make your tasks more fun?

Dance party Competitions Karaoke Other _____

Need some ideas? Check out pinterest or social media for great ideas about making tasks more fun for work and home.

Saturday, October 10

Buy loose leaf tea instead of individual tea bags and invest in a tea infuser. Not only will you eliminate those single use tea bags but it's also worth noting that tea bags are typically stored longer, meaning that the nutrients tend to disappear over time. Loose tea has a different taste than bagged tea – try it!

 Task Achieved!

Did you buy any loose leaf tea? Yes No

How did you like it? 

Do you prefer loose leaf or bagged? Loose Bagged

What is your favourite kind of tea? _____

WEEK #3: OCTOBER 11-17

COMMENTS AND THOUGHTS

Sunday, October 11

Discover some new recipes that will get you through the colder seasons such as soups, stews, chilies, root vegetables and heavier meats.

Task Achieved!

What is your favourite cold weather recipe?

Soup Stew Chilli Other: _____

Are you going to try any new recipes? _____

Share your favourite recipe with us on social media everyone loves a warm winter meal.

Monday, October 12

Happy Thanksgiving! If it's your turn for cooking this year, make sure that you stay in the kitchen while cooking on the stove top so you can keep an eye on everything. It's easy to get distracted and walk away.

Task Achieved!

What is on the Thanksgiving menu this year?

Do you have any unique Thanksgiving traditions? Yes No _____

Tuesday, October 13

Focus on being flexible in one area of your life. Being flexible gives you the ability to change when, and as needed. By being flexible you can help overcome life's problems and knowing that you can face life's challenges will reduce your stress levels.

Task Achieved!

What aspect of your life do you wish you were more flexible with? How do you plan to accomplish this?

Wednesday, October 14

Push it a little further this week with your exercises. Add an additional set of squats to your workout routine, bring some walking weights with you on your fall walk, take that extra trail on your hike, or try that exercise machine or class at the gym that you've been meaning to get to.

Task Achieved!

How did you push it further with your workout this week?

More squats Walking weights Longer run

Exercise Machine Other: _____

Thursday, October 15

It's that time again! Time to clean out your closets and get rid of those summer clothes you never touched or those fall clothes that you know you won't be wearing. Bag them up and take them over to a local shelter or donate them.

Task Achieved!

Did you clean out your closet? Yes No

Were you surprised much you don't wear? Yes No

Where did you donate your clothes to?

Shelter Church Donation Bin Other: _____

Friday, October 16

Celebrate the start of the weekend by going home and cleaning your house and doing your laundry. With all of your usual weekend chores completed, you now have 2 full days of doing whatever you want!

Task Achieved!

Did you get your chores all done? Yes No

How do you feel starting the weekend with no chores?



Saturday, October 17

Clean the back of your fridge. Dusty coils can increase energy consumption by 30%.

Task Achieved!

Did you clean the back of your fridge? Yes No

Were you surprised how dusty it was? Yes No

Schedule a time to clean it again: _____

WEEK #4: OCTOBER 18-24

COMMENTS AND THOUGHTS

Sunday, October 18

Meal prep for the entire week. Plan out what you're going to have and see how much you can do beforehand. Veggies can be precut and stored in containers while meats can marinate and thaw out the night before.

 Task Achieved!

What did you meal prep for the week?

Monday: _____ Thursday: _____ Sunday: _____

Tuesday: _____ Friday: _____

Wednesday: _____ Saturday: _____

Monday, October 19

Flu prevention at work – when was the last time you cleaned your keyboard or common workstation surfaces? Take the time today to wipe down your work surfaces to help remove germs.

 Task Achieved!

Did you make sure to take the time to clean your keyboard and/or workstation? Yes No

We have been practicing safe cleaning and sanitizing of hands and workplaces for the past few months due to COVID-19. Make sure everyone in the office helps keep the office clean and germ free.

Tuesday, October 20

Approach everything in your personal and professional life as if it were new. Breathe new life into your projects, relationships, etc. with renewed purpose and intention.

 Task Achieved!

How do you feel about your renewed purpose and intention?



What are you approaching with new life the most?

Wednesday, October 21

Waiting in line for coffee, standing on the bus, or just waiting at the stove for dinner to finish cooking? Make use of that standing time by doing some heel raises. Simply raise yourself onto your toes and then lower. This strengthens your calf muscles, ankle and knee joints and can help improve overall balance.

 Task Achieved!

Did you do any exercises in line? Yes No

How many raises were you able to do?

1 2 3 4 5 6 7 8 9 10

Thursday, October 22

Leave some change in the vending machine for someone else to get a treat.

 Task Achieved!

Did you leave any change in the vending machine for someone else? Yes No

Were you around when they got to use it? Yes No

Want to get someone a treat but don't have access to a vending machine? Try paying for someone in the line behind you.

Friday, October 23

The days are getting colder and shorter. Celebrate the last bits of nice weather we may get by doing something outdoors today. Go for a run, sit outside and read a book, walk to grab lunch, etc.

 Task Achieved!

What outdoor activity did you get to do today? _____

Are you looking forward to the winter months?

Yes! I love the winter No. I am a summer person

I prefer the flowers of spring Can fall be all year round?

Saturday, October 24

With winter right around the corner (depending on where you live, maybe it's already here) consider investing in some heavy curtains. While blinds are nice, a good, heavy curtain can keep in more heat when it's cold outside.

 Task Achieved!

Did you invest in some heavy curtains? Yes No

If you have used them already, have you noticed a difference?

Yes No

WEEK #5: OCTOBER 25-31

COMMENTS AND THOUGHTS

Sunday, October 25

Tonight, is a night to sit back relax, watch a scary movie and get that heart pumping! Make it a healthy movie snack like plain air popped corn, a fruit or veggie plate for lots of crunch!

Task Achieved!

Do you like scary movies? Yes No

What is your favourite scary movie? _____

What healthy snack did you make for movie night? _____

Share with us on social media your favourite Halloween movie, you might even find something new to watch.

Monday, October 26

Winter is on its way. Make sure you put your winter emergency kit in the trunk of your car. Don't have one? You can find them at many hardware or retail stores. Want to make your own, simply Google suggested content.

Task Achieved!

Did you put an emergency kit in your car? Yes No

What items did you put in your winter emergency kit? _____

Not sure what to put in it? Contact us and we can help!

Tuesday, October 27

Start your fall cleaning. Through cleaning your work and living environments, you can help clear your inner mind.

Task Achieved!

Did you get to your fall cleaning? Yes No

Did you donate anything you were getting rid of? Yes No

How do you feel now that everything is clean? 

Wednesday, October 28

Try a new indoor sport such as tennis, squash, pickleball, etc.

Task Achieved!

Which indoor sport did you try?

Tennis Squash Pickleball Indoor soccer/football

Basketball Curling Other _____

Thursday, October 29

Try and smile at as many strangers as you can today. Too often we hang our head down and avoid eye contact with people we don't know. Today, look up and smile. Maybe a smile is just what someone needed.

Task Achieved!

How many people did you smile at today?

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Friday, October 30

Celebrate the end of the week by treating yourself to a delicious meal. Grab some friends or family and try that new restaurant or grab the groceries to make that meal you saw on social media the other day.

Task Achieved!

What delicious meal did you treat yourself with?

Did you make it yourself or order it from a restaurant?

Made it Ordered it

Share your meal with us on social media to inspire us to make it ourselves, include the recipe if you have it.

Saturday, October 31

If you're looking for that last minute Halloween costume, head over to your local thrift shop to see what you can put together.

Task Achieved!

What is your Halloween costume this year? _____

Did you make it or buy it all together? Made it Bought it

What was your favourite costume you ever had? _____

Share your costume on social media and remember to tag us so we can see! Always remember safety first!