

December 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: DECEMBER 1-5

COMMENTS AND THOUGHTS



Tuesday, December 1

Straighten up your bedroom before you leave this morning. Having a made bed and less clutter will help you to feel more in control of your life and will give you a place of peace and calm to return to at the end of your day.

☐ Task Achieved!

Did you straighten up your bedroom today? ☐ Yes ☐ No
 How do you feel knowing your bedroom is clean?
☐ So good! ☐ I will sleep good tonight ☐ My room is always clean

Wednesday, December 2

Before working out, remember to warm up first. Do a 10-minute warm up prior to working to out to reduce the chance of injury.

☐ Task Achieved!

Did you work out today? ☐ Yes ☐ No
 Did you make sure to warm up before? ☐ Yes ☐ No
 What does your warm up consist of? _____

Thursday, December 3

Donate some canned goods to a food bank.

☐ Task Achieved!

What did you donate to the food bank? _____
 How did you feel afterwards?
☐ ☐ ☐ ☐ ☐

Friday, December 4

Celebrate the start of the holiday season by making a holiday budget and sticking to it. Budgeting both your time and money will help you stay on track this month.

☐ Task Achieved!









What is your holiday budget?
 Gifts: _____ Food: _____ Decorations: _____ Other: _____
Make sure to track your spending here to make sure you stay within your budget.

Saturday, December 5


Personalize gift wrapping. Re-use gift wrap bows and tags. Maybe even make your own gift wrap using old newspapers, magazines or maps.

☐ Task Achieved!

Are you making your own gift wrapping? ☐ Yes ☐ No
Need some inspiration? Check out local craft shops or pinterest.

WEEK #2: DECEMBER 6-12		COMMENTS AND THOUGHTS
EATING	Sunday, December 6 Don't skip meals. Even if you are headed to a party with a big dinner, eat some raw veggies or fruit before you go to curb cravings and appetite. <input type="checkbox"/> Task Achieved!	In the past did you skip meals before a big dinner or party? <input type="checkbox"/> Yes <input type="checkbox"/> No Did you make sure to eat something today? <input type="checkbox"/> Yes <input type="checkbox"/> No What is your go to snack? _____
	Monday, December 7 If you have an electric fireplace, be sure to turn it off at night. With traditional fireplaces, it's important to extinguish a fire completely before going to bed. Don't leave the house with the fireplace left on or burning, either. Lit candles should never be left alone and must be fully extinguished before bedtime. <input type="checkbox"/> Task Achieved!	What kind of fireplace do you have in your home? <input type="checkbox"/> Electric <input type="checkbox"/> Gas <input type="checkbox"/> Wood Burning <input type="checkbox"/> Just candles <input type="checkbox"/> None, I don't like them
SAFETY	Tuesday, December 8 White noise can be great for creating a calm, relaxing environment. Use a fan, app, or music to get an even better night's rest. Be aware this does not work for everyone. <input type="checkbox"/> Task Achieved!	Have you ever tried sleeping to white noise? <input type="checkbox"/> Yes <input type="checkbox"/> No If so, which do you prefer the best? <input type="checkbox"/> Fan <input type="checkbox"/> Music <input type="checkbox"/> TV <input type="checkbox"/> Ocean/Jungle Sounds <input type="checkbox"/> Other _____
	Wednesday, December 9 Channel your inner child and do a kid's winter activity like make a snowman, build a fort, paint some snow or even tobogganing. Make sure to properly bundle up before you head outside! <input type="checkbox"/> Task Achieved!	How did you channel your inner child? _____ How did it make you feel?     _____ <i>Share some pictures or videos with us on social media!</i>
MENTAL HEALTH	Thursday, December 10 Pay for someone behind you in the drive thru. Who knows? Maybe you'll start a chain of 'paying it backward'! <input type="checkbox"/> Task Achieved!	Did you pay for someone behind you? <input type="checkbox"/> Yes <input type="checkbox"/> No Have you ever done this before? <input type="checkbox"/> Yes <input type="checkbox"/> No Will you do it again? <input type="checkbox"/> Yes <input type="checkbox"/> No Has anyone ever paid for you before? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Friday, December 11 Celebrate the simple things in life by warming yourself up with a cup of holiday tea/coffee or hot chocolate and taking a rest. 30 Minutes of rest is good for the soul and body. <input type="checkbox"/> Task Achieved!	What warm holiday drink did you have? <input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Hot Chocolate <input type="checkbox"/> Cider <input type="checkbox"/> Other _____ Did you make sure to rest for 30 minutes? <input type="checkbox"/> Yes <input type="checkbox"/> No How do you feel?     _____
EXERCISE	Saturday, December 12 Try to make some presents instead of buying. This saves you money but also makes your gifts more personal. Cookie mix in a jar, homemade fudge or candy are a few great ideas and they store well. <input type="checkbox"/> Task Achieved!	Are you going to make presents this year? <input type="checkbox"/> Yes <input type="checkbox"/> No What are you going to make? _____ _____
CARING FOR OTHERS		
CELEBRATION		
ENVIRONMENT		

WEEK #3: DECEMBER 13-19		COMMENTS AND THOUGHTS
EATING	Sunday, December 13 Try bringing a healthier alternative as your food item to a party or get together. Raw veggies and dip, fruit skewers, Greek yogurt instead of sour cream, etc. <input type="checkbox"/> Task Achieved!	What healthy alternative are you bringing to the party? _____ Do you prefer a healthy alternative over something like chips? <input type="checkbox"/> Healthy all the way <input type="checkbox"/> Nah, not for a party
	Monday, December 14 Apply salt or sand to your driveway and any staircases leading to your home. Reapply as often as needed to help prevent slips and falls. While most malls and shopping centers take adequate precautions, be careful when walking across parking lots as they may not always be thoroughly salted. <input type="checkbox"/> Task Achieved!	Did you make sure to get salt or sand for your driveway, pathway and/or stairs? <input type="checkbox"/> Yes <input type="checkbox"/> No How many times have you had to salt already? _____
SAFETY	Tuesday, December 15 Focus on the positive. At the end of the day, write down 1 thing that inspired you today. An act of kindness you witnessed, a sunset, glistening snow on a tree. <input type="checkbox"/> Task Achieved!	Write down what inspired you today. _____ _____ _____
	Wednesday, December 16 Park your car carefully, in a cleared area with close access to a walkway. Pay attention when walking, you may not see the slippery surface. <input type="checkbox"/> Task Achieved!	Did you make sure to park carefully? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>Also a good reminder, park in well lit areas. It gets darker faster in the winter.</i>
MENTAL HEALTH	Thursday, December 17 Redirect gifts. Instead of having people give you birthday or Christmas gifts, ask them to donate gifts or money to a certain charity. <input type="checkbox"/> Task Achieved!	How did you redirect your gifts? <input type="checkbox"/> Donation <input type="checkbox"/> Charity <input type="checkbox"/> Other _____ How did it make you feel? 😊 😐 😞 😡 😠 _____ <i>Looking for a charity? If everyone shares their favourites with us on social media there will be lots to choose from.</i>
	Friday, December 18 Celebrate the hustle and bustle that this time of year brings by having a quiet night in. Catch up on your favourite TV show, read a book, or maybe even go to bed a little earlier tonight. <input type="checkbox"/> Task Achieved!	How do you relax this time of year? _____ Are you making sure to find time to relax? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>Share your favourite holiday relaxation tips with us on social media!</i>
EXERCISE	Saturday, December 19 Re-purpose any leftovers you may have from those holiday parties and dinners. Turn them into a pot of soup or sandwiches. Food wastage in Canada is shameful and we need to learn to use what we make. <input type="checkbox"/> Task Achieved!	Do you re-purpose your left overs? <input type="checkbox"/> Yes <input type="checkbox"/> No How do you re-purpose them? <input type="checkbox"/> Soup <input type="checkbox"/> Sandwich <input type="checkbox"/> Make an omelet <input type="checkbox"/> Other _____ <i>Have any leftover tips? Share them with us.</i>
CARING FOR OTHERS		
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WEEK #4: DECEMBER 20-26		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, December 20 Add garlic, ginger, turmeric, and citrus fruits to your diet to boost your immune system. <input type="checkbox"/> Task Achieved!	Check off each immune system booster and write down how you used it. Want to share what you made? Use #dunkwellness2020 so we can see. <input type="checkbox"/> Garlic _____ <input type="checkbox"/> Ginger _____ <input type="checkbox"/> Turmeric _____ <input type="checkbox"/> Citrus _____
	Monday, December 21 Ensure your vehicle has enough washer fluid. With more salt and dirt accumulating on the roads, it's important to have a clean windshield for maximum visibility to stay safe during wintery conditions. <input type="checkbox"/> Task Achieved!	Have you checked your washer fluid? <input type="checkbox"/> Yes <input type="checkbox"/> No Did you need to top up? <input type="checkbox"/> Yes <input type="checkbox"/> No When do you plan on checking it again? _____
	Tuesday, December 22 Drink plenty of water to improve your mental health. Hydration improves your well-being and mental alertness, thinking and health. <input type="checkbox"/> Task Achieved!	How much water did you drink today?  Having trouble remembering to drink water? Put a timer on your phone or even download an app to keep track.
	Wednesday, December 23 Play in the snow. Not only is it fun, it's also a great form of exercise! Shoveling your driveway counts as well! Don't forget to lift with your legs not your back. <input type="checkbox"/> Task Achieved!	What winter activity did you do? <input type="checkbox"/> Build a snow man <input type="checkbox"/> Shovel the snow <input type="checkbox"/> Sledding <input type="checkbox"/> Skiing/snowboarding <input type="checkbox"/> Other _____
	Thursday, December 24 Leave a positive note for a co-worker or family member. People are often lonely this time of year. Your words of appreciation will have a positive effect. <input type="checkbox"/> Task Achieved!	Did you leave a positive note for someone? <input type="checkbox"/> Yes <input type="checkbox"/> No Who was it and why? _____ _____
	Friday, December 25 Celebrate everyone (friends, family members, even coworkers) by giving them a call or maybe even dropping by. <input type="checkbox"/> Task Achieved!	Who did you call today? _____ When was the last time you spoke to them? _____ How did you like speaking to them? 😊 😐 😞 😡 _____
	Saturday, December 26 Recycle what you can from yesterday's festivities. Wrapping paper, plastic packaging, cans, etc. Recycle, donate, do what you can. <input type="checkbox"/> Task Achieved!	Did you make sure to recycle? <input type="checkbox"/> Yes <input type="checkbox"/> No Are you keeping any wrapping paper to re-purpose next year? <input type="checkbox"/> Yes <input type="checkbox"/> No Did you have a good Christmas? <input type="checkbox"/> Yes <input type="checkbox"/> No

WEEK #5: DECEMBER 27-31		COMMENTS AND THOUGHTS
<div> <div>EATING</div> <div>SAFETY</div> <div>MENTAL HEALTH</div> <div>EXERCISE</div> <div>CARING FOR OTHERS</div> <div>CELEBRATION</div> <div>ENVIRONMENT</div> </div>	Sunday, December 27 Detox from all of that holiday candy by having a no sugar day. This means not eating any white, brown, processed sugar, corn syrup or any other hidden sugars. Make sure to read your labels. Only natural fruit sugars should be in your meals and snacks today. <input type="checkbox"/> Task Achieved!	Did you avoid sugar today? <input type="checkbox"/> Yes <input type="checkbox"/> No Was it harder than you thought? <input type="checkbox"/> Yes! So many sweets this holiday <input type="checkbox"/> I am not a sweets person, so it was easy
	Monday, December 28 Clean and organize your workspace today. Recycle papers you don't need and get ready to start off the new year right! <input type="checkbox"/> Task Achieved!	Did you clean up your workspace? <input type="checkbox"/> Yes <input type="checkbox"/> No How do you feel with it all organized now? 😊 😐 😞 😡 _____
	Tuesday, December 29 Start off the new year with only positivity. Go through your social media platforms (Instagram, Facebook, YouTube, etc.) and remove those that may be causing negativity in your life. <input type="checkbox"/> Task Achieved!	Did you remove any negativity? <input type="checkbox"/> Yes <input type="checkbox"/> No Did you follow anyone/anything that makes you happy? <i>For example. If you like funny dog videos, why not follow the hashtag #funnydogvideos. This way it will fill your feed with random funny videos.</i>
	Wednesday, December 30 Take the stairs instead of the elevator and get a head start on that new years' resolution. <input type="checkbox"/> Task Achieved!	Did you take the stairs today? <input type="checkbox"/> Yes <input type="checkbox"/> No Will this turn into an everyday exercise for you? <input type="checkbox"/> Yes <input type="checkbox"/> No <i>Keep track if you notice a change in the way you feel. You will be surprised how a small change can make a big difference.</i>
	Thursday, December 31 Share a fruit today, use leftover fruit in a fruit salad and share with friends, co-workers or family. Make today a health eating day so your body is energized to ring in the New Year. <input type="checkbox"/> Task Achieved!	What fruit did you share? _____ How did everyone like it? 😊 😐 😞 😡 _____ What is your favourite fruit? _____ What fruit do you want to try for the first time? _____