

Working~Well challenges you to be UNSTOPPABLE in your daily pursuit of health.
Build momentum by taking small, consistent steps to ADD a healthy habit or SUBTRACT an unhealthy habit each week.

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| WEEK 1 | Water & Veggies Aim for 6-8 glasses of water AND 2.5 cups of vegetables each day. | | | | | | |
| | 1 ____ GLASSES ____ CUPS | 2 ____ GLASSES ____ CUPS | 3 ____ GLASSES ____ CUPS | 4 ____ GLASSES ____ CUPS | 5 ____ GLASSES ____ CUPS | 6 ____ GLASSES ____ CUPS | 7 ____ GLASSES ____ CUPS |
| | ADD | | | | | | |

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| WEEK 2 | Sugar & Ultra-Processed Foods Limit sugar to 12g (kids), 25g (women), 35g (men) each day. | | | | | | |
| | 1 ____ GRAMS ____ GLASSES ____ CUPS | 2 ____ GRAMS ____ GLASSES ____ CUPS | 3 ____ GRAMS ____ GLASSES ____ CUPS | 4 ____ GRAMS ____ GLASSES ____ CUPS | 5 ____ GRAMS ____ GLASSES ____ CUPS | 6 ____ GRAMS ____ GLASSES ____ CUPS | 7 ____ GRAMS ____ GLASSES ____ CUPS |
| | SUBTRACT | | | | | | |

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| WEEK 3 | Consistent Sleep Routine Aim for 7 hours of sleep each night. | | | | | | |
| | 1 ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 2 ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 3 ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 4 ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 5 ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 6 ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 7 ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS |
| | ADD | | | | | | |

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| WEEK 4 | Time Spent On Electronic Devices Limit social media to 30-60 minutes, spend 3-4 hours without any screens and stop using screens 1 hour before bedtime. | | | | | | |
| | 1 ____ MEDIA ____ OFF ____ BED ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 2 ____ MEDIA ____ OFF ____ BED ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 3 ____ MEDIA ____ OFF ____ BED ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 4 ____ MEDIA ____ OFF ____ BED ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 5 ____ MEDIA ____ OFF ____ BED ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 6 ____ MEDIA ____ OFF ____ BED ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 7 ____ MEDIA ____ OFF ____ BED ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS |
| | SUBTRACT | | | | | | |

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| WEEK 5 | Exercise Aim for 150 minutes of moderate activity and 2 days of strength training each week. | | | | | | |
| | 1 ____ CARDIO ____ STRENGTH ____ MEDIA ____ OFF ____ BED ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 2 ____ CARDIO ____ STRENGTH ____ MEDIA ____ OFF ____ BED ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 3 ____ CARDIO ____ STRENGTH ____ MEDIA ____ OFF ____ BED ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 4 ____ CARDIO ____ STRENGTH ____ MEDIA ____ OFF ____ BED ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 5 ____ CARDIO ____ STRENGTH ____ MEDIA ____ OFF ____ BED ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 6 ____ CARDIO ____ STRENGTH ____ MEDIA ____ OFF ____ BED ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS | 7 ____ CARDIO ____ STRENGTH ____ MEDIA ____ OFF ____ BED ____ HOURS ____ GRAMS ____ GLASSES ____ CUPS |
| | ADD | | | | | | |