

Be intentional about your health:

Eating

How can you improve your eating habits this week? Consider adding more vegetables, dining out less frequently, or cutting back on sugary foods.

Moving

How can you take your physical activity to the next level? Consider joining a gym, adding 15 minutes to your current workout routine, or asking a friend to join you for added accountability.

Coping

How can you build new coping skills to support your mental wellbeing? Consider scheduling an appointment with a counselor, starting a new journaling practice, or adjusting your sleep schedule.

Your Wellbeing Activity

Set a healthy intention

Set at least one healthy intention for the coming week that supports your wellbeing. Consider your habits around nutrition, physical activity, mental or emotional health, or something else that's more relevant to you right now.