








# PASADENA ISD MONTHLY EMPLOYEE WELLNESS CHALLENGES



Scan the QR CODE to input your data

September	
Healthy Routines	
Create a Healthy Routine that is right for YOU! What works for someone else, might not work for you. <b>Write 3 healthy routines below. Check off each day that you completed ALL 3 healthy routines.</b>	
Healthy Routine #1	 9/13/21
	 9/14/21
Healthy Routine #2	 9/15/21
	 9/16/21
Healthy Routine #3	 9/17/21
	Due in <a href="#">Google Form</a> on 9/24//21
Name:	

October	
Mindfulness	
A mindful walk is an excellent way to clear your mind of clutter and restore your sense of focus. <b>Write the amount of time that you spent "Mindfully Walking" each day. Make sure you have at least 30 minutes each day.</b>	
Minutes Mindfully Walking	 10/11/21
Minutes Mindfully Walking	 10/12/21
Minutes Mindfully Walking	 10/13/21
Minutes Mindfully Walking	 10/14/21
Minutes Mindfully Walking	 10/15/21
Due in <a href="#">Google Form</a> on 10/22/2021	
Name:	

November	
Healthy Holidays	
The holidays are full of family, friends, great food, and great memories. But they aren't always compatible with a healthy lifestyle. <b>Find 5 healthy recipes that you would like to try during the upcoming holidays and list them below.</b>	
Healthy Recipe #1	 11/8/21
Healthy Recipe #2	 11/9/21
Healthy Recipe #3	 11/10/21
Healthy Recipe #4	 11/11/21
Healthy Recipe #5	 11/12/21
Due in <a href="#">Google Form</a> on 11/19/2021	
Name:	

December	
Joy	
Joy is best when shared with others. Spreading joy to those around us has a huge impact on our happiness and wellbeing. <b>In the boxes below, share 5 ways that you were able to share joy with others!</b>	
How did you share joy today?	 12/6/21
How did you share joy today?	 12/7/21
How did you share joy today?	 12/8/21
How did you share joy today?	 12/9/21
How did you share joy today?	 12/10/21
Due in <a href="#">Google Form</a> on 12/17/2021	
Name:	