



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. Write 3 healthy routines below. Check off each day that you completed ALL 3 healthy routines.	
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 Google Form 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. Write the amount of time that you spent "Mindfully Walking" each day. Make sure you have at least 30 minutes each day.	
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 Google Form 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. Find 5 healthy recipes that you would like to try during the upcoming holidays and list them below.	
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 Google Form 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. In the boxes below, share 5 ways that you were able to share joy with others!	
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 Google Form on 12/17/2021	
Name:	