# September
# NBSRT Wellness
## 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Set a goal/s for both physical activity & healthy eating | How many jumping jacks can you perform in 30 seconds? | Drink 6-8 glasses of water | Roll up a sock and throw at a homemade target. Try to achieve 6 of 10 attempts | Go outside for a walk – 15-30 minutes | Try to perform a 'plank' for 5-10-15 seconds | Help someone with their chores today |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Balance on one foot for 5-10-15 seconds. Don't forget the other foot. | Stretch your arms over your head 5-10 times for 5-10 seconds | Try a new fruit or veggie with your lunch or supper | Practice some deep breathing (in via nose and out via mouth) for 30 seconds | Go for a walk with a family member or pet | Facetime or call a friend | Review you day one goal/s – reset if required |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| More water intake – remember 6-8 glasses | Create a personal record and work to achieve or surpass it | Increase your speed when you go for a walk | Turn on some music and DANCE | Email a friend or family member | Teach a new skill to someone | Read for one hour |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Eat an apple today | List 3 things that you are grateful for | Increase the distance of your walk | Spend a least one hour outside | No more than one hour of TV today | Write and send a letter or card to someone special | Create a new challenge |
| 29 | 30 | | | | | |
| Eat two different veggies with your meal | Celebrate your month of Physical Activity & Healthy Eating | | | | | |
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Don't forget to review your activity level and healthy eating habits at the end of each month. Readjust your goal/s and continue to work on them throughout the upcoming months.