



WellNYS Weekly Challenges

- Register for a wellness webinar on the first Monday of the month. Go to oer.ny.gov/wellnys-everyday-webinars.
- If you complete at least five days of the WellNYS Weekly Challenge, share your experience on the I Did It! portal, go to oer.ny.gov/i-did-it.
- Sign up for the WellNYS Daily To-Do for helpful hints how to achieve the WellNYS Weekly Challenge. Go to oer.ny.gov/wellnys-daily-to-do.
- Check off the days you completed the WellNYS Weekly Challenge for January, February, and March.

WellNYS Everyday is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to engage in healthy behaviors.

For more information, visit:
oer.ny.gov/wellnys-everyday.

January: Reset

Don't skip physical activity, choose a time, and commit to it.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dec 30	31	Jan. 1	2	3	4	5

Abstain from alcohol, caffeine, or soda.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	7	8	9	10	11	12

Instead of arriving late, arrive early

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	14	15	16	17	18	19

Reduce screen time, read a book.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20	21	22	23	24	25	26

Go to bed earlier than usual if you stay up too late.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	Feb. 1	2

February: Track

Track your steps or minutes of physical activity.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Feb. 3	4	5	6	7	8	9

Track everything you eat and drink.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	11	12	13	14	15	16

Track how much sleep you get each night.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17	18	19	20	21	22	23

Track your hydration.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25	26	27	28	Mar. 1	2

March: Nutrition

Research new recipes and share with coworkers.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mar. 3	4	5	6	7	8	9

Eat half of a typical portion for one meal.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	11	12	13	14	15	16

Reduce the sugar you consume.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17	18	19	20	21	22	23

Have a meal without distractions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25	26	27	28	29	30