

# 12 DAYS

## OF WELLNESS CHALLENGE

### 12 Days of Wellness: Your Holiday Tracker

Use this worksheet to track your holiday wellbeing throughout December. Complete activities at your own pace, check off each one as you go, and earn wellbeing tickets for every task you complete. Small daily actions add up to a brighter, healthier, and more joyful holiday season!

#### 1 HOLIDAY RECHARGE

Take a moment to unwind—step away from screens, enjoy a warm holiday drink, and savor a peaceful, joyful pause.

#### MISTLETOE MOMENTS

Savor the special moments of your day—whether it's a shared laugh, a kind gesture, or a quiet pause.

#### 8 SWAP THE SUGAR SLEIGH

Enjoy all the festive holiday flavors while choosing healthier options that keep you energized, satisfied, and feeling your best throughout the season.

#### 10 MERRY MINDSET

Start your day with a positive focus—one small goal, intention, or uplifting thought. Let it shape your day and sprinkle a little extra joy into every holiday moment.

#### 2 GIFT OF GRATITUDE

Spread holiday cheer with a kind word, thoughtful note, or small gesture that brightens someone's day.



#### 5 MOVE WITH JOY

Skip the treadmill and find a festive way to move! Dance to holiday tunes, stroll through twinkling lights, or try a 20 minute holiday-themed workout.

#### 6 SILENT NIGHT RESTFUL NIGHT

Aim for 7–9 hours of cozy, restorative sleep. Power down screens, sip some calming tea, or read by the glow of your tree.

#### FESTIVE FLOW

Loosen up and celebrate the season with gentle stretches or yoga. Wake up stiff muscles, release tension, and let your body feel merry and bright!

#### DECK YOUR PLATE WITH VEGGIES

Brighten your holiday meals with colorful veggies! Leafy greens and roasted reds add flavor, crunch, and a festive touch while keeping you full and nourished.

#### GET IN THE HOLIDAY SPIRIT



Do something that makes you happy and stress-free: enjoy music, decorate, or spend time in nature.

#### 3

#### 7 SOCIAL SNOWFLAKE

Connect with someone you care about. Share a conversation, laugh, or memory—it's a gift for both of you.

#### WINTER WALK

Step outside and take a mindful walk, noticing the crisp air, sparkling lights, and seasonal sights and sounds.

#### 12