

April 2022 Health Yourself Better Balance Challenge

Find better balance in your personal, physical, financial, technological, and professional life this month.

Complete 5-10 for 5 pts, 11-20 for 10 pts, or 21-30 for 15 pts



Name: _____

Dept: _____

of completed activities: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Transition to weekend mode by turning off email notifications	2 Think about which area of your life you'd like to find more balance
3 Make time for play today!	4 Register for tomorrow's 'Getting Out of Debt' webinar with Sarah Lewis	5 Take 3 deep breaths each time you check your phone today	6 Brush your teeth standing on one leg	7 Aim for each meal to have a balance of carbs, protein, fat, and fiber	8 End the work day by recalling any successes and making a do- list for next week	9 Try a balance-centered activity- like skiing, lifting, kayaking, rock climbing or yoga
10 Spend time outside and notice how you feel the rest of the day	11 Drink several glasses of water throughout the workday	12 Spend time with family or friends without phones	13 Put on/ take off socks & shoes while standing. Lean on wall if needed	14 Attend or watch the recording of our webinar with Kari Natwick at noon	15 Log on to MySecureAdvantage and view a financial video course	16 Reflect or journal on 'what if your household was your most valued organization?'
17 Spend time with family or friends today	18 Commit to taking an actual lunch break each day this week	19 Cut off your screen time an hour before you plan to go to bed tonight	20 Sneak 2 squat breaks into your day- 10 squats each	21 Aim for each meal to have a balance of carbs, protein, fat, and fiber	22 Make a mini budget for this weekend's expenses	23 Go on a hike
24 Enjoy one of your favorite recreation activities	25 Take a morning and afternoon 15 minute break away from your desk	26 Stand up each time you check your phone today	27 Stand on 1 leg and 'write' the alphabet with your other toes	28 Aim for each meal to have a rainbow of colors	29 Pick a buddy to consult with for any purchases over \$50 this weekend	30 Enjoy dessert with a meal

Try to complete each activity on the day it is listed or within 2 days.
Return this challenge log to Jess Brown by 5/9 to qualify for points and prizes.