



GEORGINA

RECREATION AT HOME

28-Day Mental Wellness Challenge

Follow along on our 28-day calendar to refresh yourself, develop healthy habits, establish new goals and build a stronger, healthier you!

Day 1 Make a goal list and label it "I will..."	Day 2 Get outside - go for a walk and clear your mind	Day 3 Drink 8 glasses of water today
Day 4 Call or surprise someone you love today, make their day and yours	Day 5 Order a book from the library and dive in	Day 6 Pay attention to your body - choose healthier alternatives
Day 7 Start a journal and enter your thoughts and track your progress	Day 8 Turn off the screen for an hour and pick up a magazine	Day 9 Re-decorate, reorganize, re-purpose or update a space in your house
Day 10 Prepare a list of things that bring you joy and happiness	Day 11 Cook your favourite meal tonight	Day 12 Watch something that will make you laugh
Day 13 Set a limit to the amount of time you spend on social media today	Day 14 Go for a hike in a regional forest	Day 15 Check-in with your goals that you set at the start - how are you doing?
Day 16 Make virtual plans with a friend or family member	Day 17 Do something to "Pay it Forward" today	Day 18 Practice breathing exercises or try our virtual meditation session
Day 19 Complete a new stretch routine	Day 20 Create a new, calming playlist and go for a walk	Day 21 Check in with your finances and make sure you're on track there too
Day 22 Move your body - try our virtual yoga programs or Fit Flow class	Day 23 Celebrate your accomplishments so far with a friend or family member	Day 24 Plan a healthy meal to try this week
Day 25 Go for a speed walk or attempt to jog outside	Day 26 Get out a fun board game and play against those in your household or virtually with a friend or family member	Day 27 Paint, create, draw or design something - get your creative juices flowing
Day 28 Walk 2-5 KM and think about all the wonderful things you've accomplished!		