**TAKE THE TIME TO MAKE ONE CHANGE**

**GOAL:**

| ◄ [August](http://www.wincalendar.com/August-Calendar/August-2014-Calendar.html) | **~ September 2014 ~** | [October](http://www.wincalendar.com/October-Calendar/October-2014-Calendar.html) ► |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10  | 11  | 12  | 13  |
| 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 21  | 22  | 23  | 24  | 25 START ROUND Yes-No- | 26 Yes-No- | 27 Yes-No- |
| 28 Yes-No- | 29 Yes-No- | 30 Yes-No- | Notes:PLEASE TAKE TIME TO REFLECT ON HOW THIS GOAL IMPACTS YOUR MENTAL WELL-BEING! |

What one change are you making that impacts your mental wellness?

Example: Exercise, family time, brain breaks, time management, stress management, journaling, social time, life style changes, clean eating, 5 fruits and vegetables/day, less sugar, etc.

Daily – Did you stick with your change? – yes or no?

For every 5 days you stick with your change = 1 entry into drawing (Maximum would be 12 total entries since it is a 60 day time period)

Make a new change when your current change becomes a HABIT!

For every 5 “kudos” you write to someone on staff = 1 BONUS ENTRY (Maximum of 3 Bonus Entries)

**GOAL:**

| ◄ [September](http://www.wincalendar.com/September-Calendar/September-2014-Calendar.html) | **~ October 2014 ~** | [November](http://www.wincalendar.com/November-Calendar/November-2014-Calendar.html) ► |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  | 1 Yes-No- | 2 Yes-No- | 3 Yes-No- | 4 Yes-No- |
| 5 Yes-No- | 6 Yes-No- | 7 Yes-No- | 8 Yes-No- | 9 Yes-No- | 10 Yes-No- | 11 Yes-No- |
| 12 Yes-No- | 13 Yes-No- | 14 Yes-No- | 15 Yes-No- | 16 Yes-No- | 17 Yes-No- | 18 Yes-No- |
| 19 Yes-No- | 20 Yes-No- | 21 Yes-No- | 22 Yes-No- | 23 Yes-No- | 24 Yes-No- | 25 Yes-No- |
| 26 Yes-No- | 27 Yes-No- | 28 Yes-No- | 29 Yes-No- | 30 Yes-No- | 31 Yes-No- | Notes: |

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**GOAL:**

| ◄ [October](http://www.wincalendar.com/October-Calendar/October-2014-Calendar.html) | **~ November 2014 ~** | [December](http://www.wincalendar.com/December-Calendar/December-2014-Calendar.html) ► |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  |  | 1 Yes-No- |
| 2 Yes-No- | 3 Yes-No- | 4 Yes-No- | 5 Yes-No- | 6 Yes-No- | 7 Yes-No- | 8 Yes-No- |
| 9 Yes-No- | 10 Yes-No- | 11 Yes-No- | 12 Yes-No- | 13 Yes-No- | 14 Yes-No- | 15 Yes-No- |
| 16 Yes-No- | 17 Yes-No- | 18 Yes-No- | 19 Yes-No- | 20 Yes-No- | 21 Yes-No- | 22 Yes-No- |
| 23 Yes-No- | 24 Yes-No- | 25 End Round 1-Submit Entries to Wellness Bldg RepYes-No- | 26 START Round 2 | 27  | 28  | 29  |
| 30  | Notes: What one change are you making that impacts your mental wellness? Example: Exercise, family time, brain breaks, time management, stress management, journaling, social time, life style changes, clean eating, 5 fruits and vegetables/day, less sugar, etc.  |

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