**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 Rep  Yes-  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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