

Fold this matrix in half to serve as a desk-top guide & tracker of your accomplishments throughout the challenge. Jot down the wellness activity you have done in a blank square with a date of completion. You can view the other side of this matrix for a list of suggested prompts. **You only need to complete 21 prompts to be eligible for a #CLAWellnessChallenge water bottle.** Visit calawyers.org/health-and-wellness/ for more information.



#CLAWellnessChallenge MATRIX (Blank)

#CLAWellnessChallenge MATRIX (Guided)

Meditate for 10 minutes	Drink 64 oz. of water in a day	Exercise for 30 minutes	Compliment 3 people	Practice yoga for 30 minutes
Visit a National Park (virtually)	Avoid social media for a day	Read 30 minutes for fun	Eat plant-based, whole foods for a day	Attend a "live" virtual workout
Admit a failure	Try a new exercise	Listen to music for 15 minutes	Eat gluten-free for a day	Write in a journal for 20 minutes
Call a friend	Attend "Talk & Walk" on 01/20/21	Do an act of kindness for a stranger	Watch a health documentary	Walk or run for 1 mile
Practice hobby	Donate	Try a new "healthy" recipe	10,000 steps in a day	Game Night



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