

Week 3 (May 14th - 20th): Wellness Wheel

Challenge: Wellness Wheel

Your challenge this week is to go through the 'Wellness Wheel' and identify three ways you can improve in the next year. Choose one that can be done during this week, one in the next few months, and one within the year. Also take the time to identify at least one way you are excelling in each area of the wheel.

Example

Social:

This week- Make plans with a friend I haven't seen in awhile

Next few months- Host one dinner party and attend at least one party.

Within the Year- Schedule weekly video chats with family and stick to it throughout the year

What's Going Well: I always respond to emails and texts within a reasonable time



The goal is to log 50 000 Beat points per week (10 000 steps or points/day). It's a good idea to record your mileage daily even if you choose not to exercise. Daily journaling encourages you to reflect your progress and be mindful when you detour from your goal.

You will receive your Week 3 badge once you reach the 50 000 points mark for this week.