



WORKPLACE WELLNESS CHALLENGE

October is Emotional Wellness Month! Join FitBiz in the weekly workplace wellness challenge with daily activities to keep wellness in mind all month. [Grab a co-worker and join the challenge!](#)



WEEK NO: 1	MON	TUES	WED	THURS	FRI
	Eat lunch outside	Take 15 minutes to declutter desk or workspace	Increase daily water intake	15 minute walking break	Write out your short-term goals for the month
	MON	TUES	WED	THURS	FRI
	Pack a healthy meal for lunch	Walk 10,000 steps	10 minute meditation/ deep breathing exercise	Join FREE FitBiz virtual wellness class	15 minute stretch break
	MON	TUES	WED	THURS	FRI
Wake up 30 minutes earlier	Eliminate sweets and sugar for the day	Walk 10,000 steps	Join FREE FitBiz virtual wellness class	Take 15 minutes to declutter desk or workspace	
MON	TUES	WED	THURS	FRI	
10 minute meditation/ deep breathing exercise	Have a plant-based meal for lunch	Exercise break with a co-worker	Walk 10,000 steps	Share your wellness journey with your team!	