



MindBody Wellness Challenge Checklist

MindBody Activity		✓
WEEK 1-2		
Took Stress Screener test		
Wrote down three different things I am grateful for on three chosen days of the week for the first two weeks		
WEEK 2		
Spoke a positive affirmation out loud on a daily basis for one week		
WEEK 3-4		
Took at least one 10-minute walk on three chosen days for one week		
Did a yoga video two times on chosen days for one week		
Did a tai-chi video two times on chosen days for one week		
Did at least 10 minutes of a cardio activity of my choice on three set days for one week		

Return to your wellness council representative at the end of the challenge.



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MindBody Wellness Challenge

Personal Checklist

FOR PERSONAL USE ONLY

What I am grateful for:			
WEEK 1	1.	2.	3.
	1.	2.	3.
	1.	2.	3.
WEEK 2	1.	2.	3.
	1.	2.	3.
	1.	2.	3.

Positive Affirmations Checklist						
WEEK 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Examples of Positive Affirmations:

***Try to say these out loud and with a positive tone of voice*

- "Every cell of my body is made of good health!"

- "My body is strong, my mind is brilliant and my soul is fulfilled!"
- "I have a wonderful work in a wonderful way, I give wonderful service for a wonderful pay!" – Florence Scovel Shinn "The Game of Life and How to Play It"
- "Only good lies before me!"
- "Amazing things are happening to me every day!"
- "I am surrounded by love; I am lovable and have lots of love to give!"
- "I am grateful for all of the positive relationships in my life!"

Physical Activity WEEK 3 & 4	
ACTIVITY	Place a X or ✓ when complete!
10-minute walk on three different chosen days	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
10-minute cardio activity on three different chosen days	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Yoga video (&/or class) two times on chosen days	<input type="checkbox"/> <input type="checkbox"/>
Tai-chi video (&/or class) two times on chosen days	<input type="checkbox"/> <input type="checkbox"/>

Remember to choose just one activity each week and make a S.M.A.R.T. Goal for each week!

S.M.A.R.T. Goal examples:

- "I will walk for ten minutes before work on Tuesday, Wednesday and Thursday this week."
- "I will take a tai-chi class on Wednesday evening and Saturday morning this week."

Non-S.M.A.R.T. Goal examples:

- "I will get better at yoga."
- "I will exercise this week."

My Week 3 S.M.A.R.T. Goal:

My Week 4 S.M.A.R.T. Goal:
