



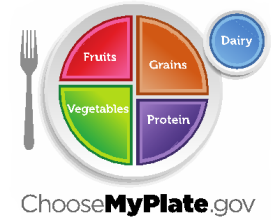
CFAES

Name: _____

Email: _____

Activities:

- Fill your plate ½ full of vegetables & fruits two meals each day.
- Aim for 30 minutes of movement at least 5 times a week (type and minutes).
- Focus on strategies to improve sleep.
- Take time for breaks.
- Complete the bonus activities on back of calendar.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	October 19	20	21	22	23	24
Smile at someone you do not know						
25	26	27	28	29	30	31
Put your phone down while eating						
November 1	2	3	4	5	6	7
Take a Play Break						

8 Take a snack break	9	10	11	12	13	14
15 Take a break and drink water	16	17	18	19	20	21
22 Break free of a task-ask someone to do it for you	23	24	25	26	27	28
29	30					
Record the <u>date you:</u>	Try a brain break	Plan a staycation	Try an activity break	Try something new	Call a friend or family member	Take a technology break

Email or Fax results to: **Amanda _ Bohlen.19@osu.edu** or 740-376-7435 (Fax) **by November 30.**



THE OHIO STATE UNIVERSITY
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