

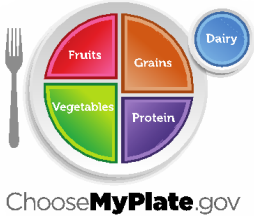


Name: \_\_\_\_\_

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
<p><b>Smile at someone you do not know</b></p>	October 19	20	21	22	23	24
<p>25</p> <p><b>Put your phone down while eating</b></p>	26	27	28	29	30	31
<p>November 1</p> <p><b>Take a Play Break</b></p>	2	3	4	5	6	7

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

**Email or Fax results to: Michelle Treber at [treber.1@osu.edu](mailto:treber.1@osu.edu) or 740-474-7967 (fax) by November 30th**



**THE OHIO STATE UNIVERSITY**  
 COLLEGE OF FOOD, AGRICULTURAL,  
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