

# WFH Wellness CHALLENGE

**WFH Challenge:** To keep you on your toes, try to check off as many of the boxes as you can by completing the activities! Studies show that mixing up your typical routine can stimulate your brain to unlock new ideas and creativity.

Share with your team, your family, or friends- and see who can get the most points by the end of the week!

## daily goals

5 POINTS A BOX

### TAKE A 1 HR LUNCH

This is your time to go for a walk. Get some fresh air (safely of course!), read a book, learn how to do a handstand, play that guitar, or try a free online workout.

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### TAKE A 1-MIN STRETCH BREAK

A common mistake of working from home is working too much. Make sure to get up from your screen, and move around! Look away from your screen each hour, blink often!

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### STAY HYDRATED

8 glasses of water a day, people!

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## weekly goals

10 POINTS A BOX

### TACO TUESDAY

Make a homemade taco-inspired dinner, or order takeout from a local Mexican restaurant!

10 POINTS	5 BONUS
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### WALKING WEDNESDAY

Take a stroll around the neighborhood. We are aiming for high step counts & fresh air!

10 POINTS	5 BONUS
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### THOUGHTFUL THURSDAY

Take a moment to stop & reflect! Some ideas: write in a journal, read an interesting article, take a 30 minute slow stretching break, try a guided meditation, make a list of 5 things you are grateful for.

10 POINTS	5 BONUS
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### BONUS POINTS

Share a picture or story with us at [buzz@westgroupdesigns.com](mailto:buzz@westgroupdesigns.com) or on instagram and tagging [@westgroupdesigns](https://www.instagram.com/westgroupdesigns)

### FOODIE FRIYAY!

Learn a new recipe, or cook up a delicious recipe from a family tradition. Lets make some culinary masterpieces! (Yes, banana bread DOES count!)

10 POINTS	5 BONUS
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### SUNNY SATURDAY

Get some sunshine today! Maybe you read a book on the patio, go for a walk (safely!), have coffee in the backyard, or hop on a bike and cruise around.

10 POINTS	5 BONUS
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### STEP-IT-UP SUNDAY

It is time to move & groove, get in the zone, and do a workout for 45 mins. Learn a dance? A Youtube workout? A push-up challenge? A run? Let's go!

10 POINTS	5 BONUS
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