



WellNYS
Everyday

WellNYS
Daily To-Do

January

Set a new health-related goal and track your progress.

In 2022, participate in **THE THREE** every day by doing the following

1. Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the *Go Beyond the Challenge* starting January 22nd.
2. Check off that you have completed the Daily To-Do on the Monthly Challenge tracking form that can be found at <https://wellnys.goer.ny.gov/>
3. Ask your wellness partner, "Did you do the WellNYS Daily To-Do?"

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

UPCOMING MONTHLY CHALLENGES

February

Create a bucket list or vision board.

March

Eat one meal without distractions.

April

Plan a vacation.

FEBRUARY						
S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

MARCH						
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20	21	22	23	24	25	26
27	28	29	30	31		

APRIL						
S	M	T	W	T	F	S
						1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Check off your Daily To-Dos at <https://wellnys.goer.ny.gov/>

January

WellNYS Daily To-Do



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Everyday

Once you've completed the To-Do, check the box!

- 1.** Today is the first day of the 2022 January Monthly Challenge. Set a new health-related goal and track your progress. Register at: https://wellnys.goer.ny.gov/registration/monthly_challenge_description.cfm.
- 2.** Choose a health-related goal for 2022 based on what area of your life you would like to improve. Each day in January, the WellNYS Daily To-Do will focus on a health-goal related to nutrition, physical activity, and/or stress management.
- 3.** Track your health-related goal using the WellNYS Everyday Monthly Challenge tracking form. Click on the following link https://wellnys.goer.ny.gov/behavior_challenge/login.cfm to register. After you complete your daily goal, click on the date. It will turn blue and change to completed. Try tracking your goal this way for 22 days in January.
- 4.** Tracking your health-related goals can be done using an App, paper and pen, a computer, or the WellNYS Everyday Monthly Challenge tracking form. Whatever method you use, track it immediately so you don't forget.
- 5.** Having trouble choosing a health-related goal? For a nutrition goal, it could be to reduce your portion sizes, start a plant-based diet, or reduce the number of meals you eat out in any given week.
- 6.** A stress management health-related goal could include dedicating five minutes to meditate first thing each morning, keeping a gratitude journal, or carving out some alone time.
- 7.** If your health-related goal is to move more, here are three fun things to do: wear a tracking device and track your steps, move your body during one of your work breaks, or set a goal to do one pushup every day after lunch.
- 8.** Streaking a goal is defined as repeating it daily, without fail, for several days or longer. Is there one goal you might be able to streak?
- 9.** Here are three challenging physical activity goals to consider: run/walk at least one mile a day, try a different fitness class, or do a set number of push-ups, or sit-ups every day.
- 10.** Ask a friend or co-worker if they would be willing to be your wellness accountability partner and set a health-related goal together.
- 11.** Set a daily reminder on your phone to commit to your health-related goal and to track it.
- 12.** Every single day is another chance to work on your health-related goals. What time today will it happen?
- 13.** An easy health-related goal would be to pick a specific number (22 for example) and use that number to perform an exercise that many times (22 squats, 22 pushups, 22 jumping jacks, or 22 minutes of walking).
- 14.** Did you write your health-related goal down? Did you share your goal with someone else? Do this today!
- 15.** If you are interested in a weight loss health-related goal, try one of these: weigh yourself once every morning, track everything you eat, or count the number of calories you consume.
- 16.** Try a balance health-related goal every day. Stand on one leg for two minutes, then switch to the other leg for two minutes. This goal will take you less than five minutes.
- 17.** Practicing meditation is an excellent way to start the day and a health-related goal you could do for more than 30 days. If you want a guided meditation to assist you, click on the following Headspace link <https://www.headspace.com/meditation>.
- 18.** Going to bed earlier than usual could be your health-related goal today. If you normally turn your lights off at 10:30PM, try to turn the lights off at 10:00PM for the remainder of January.
- 19.** Visualize your health-related goal when you wake up in the morning. Decide what time you will do your goal, how you will perform your goal, and where you will track it.
- 20.** Be honest with yourself when it comes to choosing a realistic, health-related goal. Setting a goal of walking 12,000 steps per day is commendable, but if you only walk 4,000 per day, the goal may not be realistic.
- 21.** Do you have a support system to help you accomplish your health-related goal? Reach out to a friend, co-worker, or neighbor to see if they will join you.
- 22. Beyond the Challenge:** Be kind to yourself if you miss a day performing your health-related goal. Try to make it a rule, however, not to miss two days.
- 23. Beyond the Challenge:** Committing to a running or walking race may help motivate you. Check out the WellNYS Everyday portal "Running/Walking Physical Activities in New York" at https://wellnys.goer.ny.gov/Physical_Activity/running.cfm. Click on your region and see what local running clubs have organized races in 2022.
- 24. Beyond the Challenge:** Use the SMART goal acronym to reach your goal; specific, measurable, achievable, realistic, and timely. Did you choose a SMART health-related goal today?
- 25. Beyond the Challenge:** Check with your health insurance program to see if they can assist you with any of your health-related goals. Some companies offer financial incentives and wellness programs as well as wellness coaching.
- 26. Beyond the Challenge:** Unplug yourself from your phone, computer, or tablet for a certain amount of time every day. This is good for your mental health as well as your physical health.
- 27. Beyond the Challenge:** How many days can you streak without dining out for a meal? This is an easy goal and one that will save you money, in addition to helping you achieve your health-related goal.
- 28. Beyond the Challenge:** Educate yourself when it comes to your health. Hire a dietitian, a personal trainer, or a wellness coach who can assist you with making realistic goals and following through or do an internet search on "health-related goals."
- 29. Beyond the Challenge:** Reading about another person's success can motivate you to want to make improvements in your own life. Read one of the "I Did It!" stories on the WellNYS Everyday website at https://wellnys.goer.ny.gov/i_did_it.cfm. Write and submit your own story!
- 30. Beyond the Challenge:** Keep your health-related goal as the calendar turns to February. Then join us for the fun and creative February Monthly Challenge, Create a Bucket List or Vision Board.
- 31.** Today is the last day of December. Go to the WellNYS Everyday website at <https://wellnys.goer.ny.gov> and check off the days you participated in the Monthly Challenge.

NUMBER OF DAYS COMPLETED