

# Wellness Challenge Tracker

Download this form and check off activities as you complete them to track your progress!

JUNE 17 - 28

- Dedicate ONE day to no meetings
- Schedule 2 days off in September
- Arrange a coffee date with someone
- Send a gratitude email to someone
- Complete recommended readings
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JULY 2 - 12

- Avoid emails this weekend. Plan ahead!
- Select 1 day to work remotely or no emails after 5:30 pm
- Engage in a meaningful conversation
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JULY 15 - 26

- 15 mins to explore Law(yer) Strong website
- 15 mins to explore Manitoba Blue Cross website
- Invite 2 colleagues to exercise or volunteer
- Explore training opportunities at Law(yer) Strong
- Read "The Right To Not Remain Silent" book
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JULY 29 - AUG 9

- Reflect on the last 8 weeks of this challenge
- Any skills, training, policies that could enhance the workplace?
- Determine actions to drive meaningful change
- Plan for August 5th (Civic Day) as a day off.
- Plan for The Wellness Celebration (TBA)
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+ Don't forget to complete the survey