



2022 Monthly Challenges

Month	 Behavioral Health	 Financial Health	 Physical Health	 Social Wellness	 Work-Life Integration
January	Utilize the Textcoach mobile app once this month	Skip the coffee house for 25 of the next 31 days	Walk outside in the cold for 500 mins during the month	Write down something about someone who annoys you and decide to let that thing go	Meet with five colleagues whom you might not interact with otherwise over the next 31 days
February	Take a few minutes each day to plan your day for 28 days	Wait seven days before making any optional purchases over \$50 this month	Do not drink any canned or bottled beverages that contain caffeine for 28 days	Write down one thing someone did that day that inspired you each day for 28 days	Utilize SupportLinc at least once during the month
March	Compile a list of your talents or gifts this month by asking 10 people what they think you're good at	Prepare your own food & dine in for dinner at least 20 of the next 31 days	Sleep with your cell phone in another room for 31 days	Do 25 random acts of kindness over the next 31 days	Take a break from reading or writing work-related emails at night for 31 days.
April	Say out loud, "It's going to be a great day!" once a day for the next 30 days	Use 10 coupons in the next 30 days	Attend 10 classes fitness of your choice over the next 30 days	Find something good in one negative situation each day for the next 30 days	Write down one thing a day that you like about your job for the next 30 days
May	Say your mission statement out loud each day	Compare Purdue offered discounts on automotive & homeowners insurance coverage this month.	Brave a morning icebreaker by taking 10 cold showers in the next 31 days	Give 25 sincere compliments to different people during the next 31 days	Learn more about something you are interested in for 500 mins during the month
June	Write about the four most influential people in your life this month	Pack a lunch for work for the next 30 days	Go without deep-fried foods for 30 days	Put your cell phone away when you're with other people for 30 days	Ask for advice from two people, one from a younger generation and one from an older generation
July	Practice the technique of visualization for 150 minutes over the next 31 days	Check-in with your spouse or trusted friend before making any purchases over \$50 this month	Eat 150 servings of fruits and vegetables in 31 days (~5 per day)	Compost your organic waste for the next 31 days	Write a note to or speak with someone's boss about the things that person does well
August	Keep a journal for 20 days during the next 31 days	Do not spend any money during four out of the next 31 days	Go to bed at the same time (± 30 min) each evening for 31 days	Spend intentional time with your family for at least four evenings over the next 31 days	Arrive early wherever you need to be for the next 31 days
September	Meet with a behavioral health counselor at the CHL this month	Track every penny you spend for the next 30 days	Track everything you eat for the next 30 days	Reach out to seven relatives and have a conversation with each one over the next 30 days	Consciously take a break at work each day during this month
October	Say "thank you" 100 times over the next 31 days	Pass on drinks whenever you eat out for the next 31 days and choose water instead	Enjoy 20 salads in the next 31 days	Hug one person each day for the next 31 days	Ask 10 people to tell you one thing you do well & one thing you could do better during the month
November	Write a positive post online for three local businesses this month	Meet with a Fidelity Investor Advisor during this month	Replace one or more beverages (soda, juice, coffee, alcohol, etc.) with water for 30 days	Have an exchange with your partner, sharing one reason you're grateful for each other, each day this month	Play brain teasers for 300 minutes over the next 30 days
December	Use aromatherapy 15 times in the next 31 days to help you relax	Browse through employee discounts offered through Purdue University this month	Stretch for 100 minutes during the month	Ask five people for help in the next 31 days	Submit three ideas for improvement to one or more organizations you care about