

**MAY HEALTH CHALLENGE 2025**

# Is Your Health MISSION: READY?



SUN	MON	TUE	WED	THU	FRI	SAT
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Challenge yourself during the month of May by completing each daily activity. Register now! [cfmws.ca/gagetown/may-health-challenge](http://cfmws.ca/gagetown/may-health-challenge)



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|--|--|--|--|--|--|---|
| Write down a time you were grateful for something a person did for you. <b>4</b> | Write down a gratitude topic of your choice. <b>5</b>              | Write down 3 good things that happened today. <b>6</b>           | My personal health goal today: _____ <b>7</b>          | Write down the name of a person you are grateful for. <b>1</b> | Write down an event in your life you are grateful for. <b>2</b>  | Write down a gift you received in your life that you are grateful for. <b>3</b> |
| I connected with friends. <b>11</b>  | I quenched my thirst with water. <b>12</b>                         | I bent my knees when bending to pick something up. <b>13</b>     | My personal health goal today: _____ <b>14</b>         | I took the time to really listen to someone. <b>8</b>          | I refrained from or reduced my use of tobacco products. <b>9</b> | I ate a fruit or vegetable with each meal. <b>10</b>                            |
| I did not eat food from a fast food restaurant. <b>18</b>                        | Have an alcohol-free week or do alcohol-free activities. <b>19</b> | I video called my family or friend. <b>20</b>                    | My personal health goal today: _____ <b>21</b>         | I resolved a personal conflict effectively. <b>15</b>          | I practiced meditation or a relaxation exercise. <b>16</b>       | I tried a new fruit or vegetable. <b>17</b>                                     |
| I encouraged my friends/family to exercise. <b>25</b>                            | I shared my concerns and how I am feeling with a friend. <b>26</b> | I did not consume an energy drinks for an entire week. <b>27</b> | I set a new health goal to continue in June. <b>28</b> | I laughed really hard. <b>22</b>                               | I completed 10,000 steps (or 60 min fast walking). <b>23</b>     | I planned my meals and/or snacks ahead of time. <b>24</b>                       |
|  |  |  |  | I took time to relax. <b>29</b>                                | I reduced my time spent online. <b>30</b>                        | I completed 5min of core strengthening exercises. <b>31</b>                     |