

BACK TO THE BASICS

Checklist Challenge

THE NEW YEAR IS A COMMON TIME FOR NEW GOALS, ROUTINES AND HABITS. OFTEN TIMES WHEN WE TRY TO BUILD ON TOP OF A WEAK FOUNDATION THOUGH, WE END UP FAILING. THIS CHALLENGE FOCUSES US ON THE BASICS, SETTING US UP TO STICK TO OUR NEW YEARS RESOLUTIONS LONGER!

**THE GOAL IS TO COMPLETE ENOUGH ACTIONS TO TOTAL 25 POINTS!
YOU CAN ONLY GET POINTS FOR AN ACTION ONE TIME (NO REPEATING)**

PHYSICAL HEALTH

<input type="checkbox"/>	<u>ACTION</u>	<u>POINTS</u>
<input type="checkbox"/>	DESIGNATE A PRIMARY CARE PHYSICIAN	5 POINTS
<input type="checkbox"/>	SCHEDULE YOUR ANNUAL DOCTOR'S APPOINTMENT/ ANNUAL PHYSICAL	2 POINTS
<input type="checkbox"/>	SCHEDULE AN EYE EXAM APPOINTMENT	2 POINTS
<input type="checkbox"/>	HAVE YOUR BLOOD PRESSURE CHECKED	2 POINTS
<input type="checkbox"/>	STRETCH FOR 15 MINUTES	1 POINT
<input type="checkbox"/>	TAKE A 20 MINUTE WALK	1 POINT
<u>TOTAL POINTS FOR PHYSICAL HEALTH</u>		

MENTAL HEALTH

<input type="checkbox"/>	<u>ACTION</u>	<u>POINTS</u>
<input type="checkbox"/>	MAKE AN APPOINTMENT WITH A MENTAL HEALTH PROFESSIONAL	5 POINTS
<input type="checkbox"/>	GET 7-9 HOURS OF SLEEP IN ONE NIGHT	2 POINTS
<input type="checkbox"/>	JOURNAL FOR 10 MINUTES	2 POINTS
<input type="checkbox"/>	MEDITATE, DEEP BREATH OR PRAY FOR 5 MINUTES	1 POINT
<input type="checkbox"/>	WRITE 3 SELF-AFFIRMING PHRASES	1 POINT
<input type="checkbox"/>	LIST OF 10 THINGS YOU' ARE GRATEFUL FOR	1 POINT
<u>TOTAL POINTS FOR MENTAL HEALTH</u>		

SOCIAL HEALTH

<input type="checkbox"/>	<u>ACTION</u>	<u>POINTS</u>
<input type="checkbox"/>	VOLUNTEER IN YOUR COMMUNITY	5 POINTS
<input type="checkbox"/>	TRY A NEW GROUP (FITNESS CLASS, BOOK CLUB, SPORTS LEAGUE)	2 POINTS
<input type="checkbox"/>	REFLECT ON WHAT YOU LEARNED FROM A TOUGH CONVERSATION	2 POINTS
<input type="checkbox"/>	GET COFFEE WITH A FRIEND OR COWORKER	1 POINT
<input type="checkbox"/>	FIND 3 THINGS YOU APPRECIATE ABOUT SOMEONE AND TELL THEM	1 POINT
<input type="checkbox"/>	CALL, TEXT OR EMAIL AN OLD FRIEND	1 POINT
<u>TOTAL POINTS FOR PHYSICAL HEALTH</u>		

FINANCIAL HEALTH

<input type="checkbox"/>	<u>ACTION</u>	<u>POINTS</u>
<input type="checkbox"/>	REVIEW / SET YOUR ANNUAL BUDGET	5 POINTS
<input type="checkbox"/>	MEET WITH A FINANCIAL PLANNER TO DISCUSS RETIREMENT	2 POINTS
<input type="checkbox"/>	SELL 3 ITEMS YOU DON'T USE/ NEED	2 POINTS
<input type="checkbox"/>	CHECK YOUR RETIREMENT SAVINGS	1 POINT
<input type="checkbox"/>	AVOID DINING OUT FOR 1 WEEK	1 POINT
<input type="checkbox"/>	FIND REVIEW YOUR SUBSCRIPTIONS, ELIMINATE ANY YOU DON'T USE	1 POINT
<u>TOTAL POINTS FOR PHYSICAL HEALTH</u>		

TOTAL POINTS