



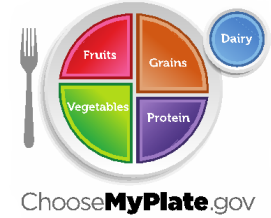
# CFAES

Name: \_\_\_\_\_

Email: \_\_\_\_\_

## Activities:

- Fill your plate ½ full of vegetables & fruits two meals each day.
- Aim for 30 minutes of movement at least 5 times a week (type and minutes).
- Focus on strategies to improve sleep.
- Take time for breaks.
- Complete the bonus activities on back of calendar.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	October 19	20	21	22	23	24
<b>Smile at someone you do not know</b>						
25	26	27	28	29	30	31
<b>Put your phone down while eating</b>						
November 1	2	3	4	5	6	7
<b>Take a Play Break</b>						

8 <b>Take a snack break</b>	9	10	11	12	13	14
15 <b>Take a break and drink water</b>	16	17	18	19	20	21
22 <b>Break free of a task-ask someone to do it for you</b>	23	24	25	26	27	28
29	30					
<b>Record the <u>date you:</u></b>	<b>Try a brain break</b>	<b>Plan a staycation</b>	<b>Try an activity break</b>	<b>Try something new</b>	<b>Call a friend or family member</b>	<b>Take a technology break</b>

Email or Fax results to: [OWPR@osu.edu](mailto:OWPR@osu.edu) or Fax 740.743.1215 by November 30.



**THE OHIO STATE UNIVERSITY**  
 COLLEGE OF FOOD, AGRICULTURAL,  
 AND ENVIRONMENTAL SCIENCES

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