

# May

## Wellness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> <b>Fit Friday</b> Try a new fruit or vegetable	<b>2</b> <b>Social Saturday</b> Talk walk while catching up with a friend on the phone
<b>3</b> <b>Self-Care Sunday</b> Meal prep dinners for the week	<b>4</b> <b>Mindful Monday</b> Practice a new breathing exercise at work	<b>5</b> <b>H2O Tuesday</b> Drink at least 64 ounces of water	<b>6</b> <b>Walking Wednesday</b> Take a 30 minute walk and log your walking time on the State Bar website	<b>7</b> <b>Thankful Thursday</b> List 7 things/people you are thankful for	<b>8</b> <b>Fit Friday</b> Attend an online group exercise class	<b>9</b> <b>Social Saturday</b> Join a social club for a shared interest, like reading, sewing, or a sport
<b>10</b> <b>Self-Care Sunday</b> Meal prep lunches for the week	<b>11</b> <b>Mindful Monday</b> Get up from your desk once every hour to stretch and clear your head	<b>12</b> <b>H2O Tuesday</b> Drink at least 64 ounces of water	<b>13</b> <b>Walking Wednesday</b> Take a 30 minute walk and log your walking time on the State Bar website	<b>14</b> <b>Thankful Thursday</b> List 14 things/people you are thankful for	<b>15</b> <b>Fit Friday</b> Plant five new things in your yard or garden	<b>16</b> <b>Social Saturday</b> Call a new friend on the phone to chat
<b>17</b> <b>Self-Care Sunday</b> Meal prep dinners for the week	<b>18</b> <b>Mindful Monday</b> Take three 5-minute breaks throughout the day to meditate	<b>19</b> <b>H2O Tuesday</b> Drink at least 64 ounces of water	<b>20</b> <b>Walking Wednesday</b> Take a 30 minute walk and log your walking time on the State Bar website	<b>21</b> <b>Thankful Thursday</b> List 21 things/people you are thankful for	<b>22</b> <b>Fit Friday</b> Try a new exercise program	<b>23</b> <b>Social Saturday</b> Spend quality time with a family member or friend via video chat
<b>24</b> <b>Self-Care Sunday</b> Treat yourself to a hot bath or some other destressing activity	<b>25</b> <b>Mindful Monday</b> Start your day with a 10 minute meditation before checking phone, computer, or TV	<b>26</b> <b>H2O Tuesday</b> Drink at least 64 ounces of water	<b>27</b> <b>Walking Wednesday</b> Take a 30 minute walk and log your walking time on the State Bar website	<b>28</b> <b>Thankful Thursday</b> List 28 things/people you are thankful for	<b>29</b> <b>Fit Friday</b> Focus on eating fruits and vegetables for each meal	<b>30</b> <b>Social Saturday</b> Donate to a local charity that you are passionate about
<b>31</b> <b>Self-Care Sunday</b> Meal prep dinners and lunches for the week						