

OHIO STATE UNIVERSITY EXTENSION

Refresh Your Wellness this Spring Challenge Log	Week of APRIL 8	Week of APRIL 15	Week of APRIL 22	Week of APRIL 29	Week of MAY 6	Week of MAY 13
WELLNESS ACTIVITIES						
Movement / Physical Activity						
Fill Half Your Plate with Fruits and Vegetables						
De-Clutter Home						
De-Clutter Schedule						
Simplify Screen Time						
Find Joy						
Simplify Wellness - Fitness in Nature						
Simplify Food						
Local Foods / Farmers Market						
Mindfulness						
Gratitude						
Lose Negativity / Embrace Positivity						

Name: _____ Email: _____ Employer: _____

Return to: Shannon Carter at carter.413@osu.edu or fax to 740-687-7010 by May 24.