

SHARE YOUR PERSONAL WELLNESS GOALS

Let's keep each other motivated!

EXAMPLES:

1.

Go to the gym
3x/week

2.

Eat a healthy
homemade lunch
3 times this week

3.

Read 5 books
this year

4.

Get 10k steps a day

5.

Get 8 hours of
sleep

6.

Journal 2x/week



Canada's

Healthy Workplace Month

2

1

3

*Share
Personal
Wellness
Goals*

6

4

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