

DECEMBER

ProFIT Family Wellness 2022 "Slay Well" Challenge

Daily activities to keep your family well this holiday season.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

27	28	29	30	1 Write down 3 ways you will care for yourself this month.	2 Watch a fun holiday movie together with a healthy snack. 	3 Set an earlier bedtime for the month.
4 Pray together. 	5 Meal prep this week. 	6 Try a new whole grain today. 	7 Cut out snowflakes and hang them around your home. 	8 Read a Christmas book in a fun accent. 	9 Do a fun holiday movie workout together (or just watch the movie). 	10 Do a family service project together. 
11 Pray together. 	12 Drink an additional 16oz of water today. 	13 Add an extra veggie to each meal today. 	14 Replace your favorite Christmas treat with a fun, fruity one! 	15 Ask a friend or spouse to coffee to reconnect. 	16 Visit a part of town with a Christmas display. 	17 Make a holiday treat together. 
18 Pray together.	19 Write down what you ate today and how it made you feel. 	20 Act out the Nativity Story. 	21 Take 10 minutes to stretch together. 	22 First day of winter  Make homemade hot chocolate together.	23 Dance to fun Christmas music!	24 Christmas Eve  Drive around to see Christmas Lights!
25 Christmas Day  Read about the Birth of Jesus together.	26 Go for a walk or bike ride today together.	27 Set 3 goals for yourself and your family for 2023. 	28 Create a fun winter story together. 	29 Declutter a room and donate the items. 	30 Share what you've been grateful for this year.	31 New Year's Eve  Have a family dance party!