



WellNYS Everyday

2022 Monthly Challenges

January ● Set a new health-related goal and track your progress.

February ● Create a bucket list or vision board.

March ● Eat one meal without distractions.

April ● Plan a vacation.

May ● Dance or move to your favorite song.

June ● Start your morning with a positive habit.

July ● Form a team of two and make plans to be active together.

August ● Stay hydrated throughout the day.

September ● Carve out 22 minutes of alone time.

October ● Find out your health statistics.

November ● Plan one positive thing for tomorrow.

December ● Use a journal to plan healthy activities for 2023.

A NYS Employee Assistance Program initiative for NYS employees and family members.

Register at wellnys.goer.ny.gov



WellNYS Everyday

WellNYS Everyday is dedicated to educating, engaging, and empowering NYS employees and their families by encouraging participation in healthy behaviors.

In 2022, participate in **THE THREE** every day.

1. Practice the WellNYS Daily To-Do every day.
 2. Check off that you did the To-Do on the Monthly Challenge tracking sheet.
 3. Ask your wellness partner, did you do the WellNYS Daily To-Do?
- Every day, the WellNYS Daily To-Do can be emailed to you and is posted on the WellNYS Everyday website:
<https://wellnys.goer.ny.gov/>
 - Register for the Monthly Challenge at https://wellnys.goer.ny.gov/registration/monthly_challenge_description.cfm.
 - The goal of the *2022 Monthly Challenge* is to complete the challenge for the first 22 days of each month. Certificates are awarded to participants who complete 22 days. Then, try *Beyond the Challenge* for the final days of each month, and register for the next month.

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