

liveWELL Grayson County November Challenge 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|---|--|
| <p><i>November's focus is 30 Days to Planks and Thanks! Planks strengthen your core by engaging multiple muscle groups at the same time. Side effects of planks include a tighter tummy, improved posture, flexibility and balance, a better mood and less back pain.</i></p> | | | | <p>1 Write down three things you are thankful for..</p> <p>30 sec plank</p> | <p>2 Express gratitude to at least one important person in your life.</p> <p>Rest</p> | <p>3 Go one full day without complaining</p> <p>Rest</p> |
| <p>4 Meditate for 10minutes</p> <p>45 sec plank</p> | <p>5 Make an effort to smile more throughout the day</p> <p>1 min plank</p> | <p>6 Engage in a random act of kindness</p> <p>1 min plank</p> | <p>7 Spend 30 minutes practicing self-care</p> <p>1 min 30 sec plank</p> | <p>8 Send flowers to someone you care about.</p> <p>Rest</p> | <p>9 Write thank-you notes to five people in your life</p> <p>2 min plank</p> | <p>10 Go outside and appreciate the beauty of nature.</p> <p>2 min plank</p> |
| <p>11 Do something nice for a co-worker</p> <p>2 min 30 sec plank</p> | <p>12 Recognize today as a gift</p> <p>2 min 30 sec plank</p> | <p>13 List three things that you like about your job</p> <p>3 min plank</p> | <p>14 Spend the day being an optimist</p> <p>3 min plank</p> | <p>15 Write down five things that you like about yourself</p> <p>Rest</p> | <p>16 Recognize three things you usually take for granted</p> <p>3 min plank</p> | <p>17 write about your favorite part of the workday</p> <p>3 min 30 sec plank</p> |
| <p>18 Think of what you're grateful for before going to bed</p> <p>3 min 30 sec plank</p> | <p>19 Sign up to volunteer for a day in your community</p> <p>4 min plank</p> | <p>20 Catch a co-worker doing a good job and thank them for it</p> <p>4 min plank</p> | <p>21 Think of a way that someone helped you today</p> <p>Rest</p> | <p>22 Think of something great that has happened to you in the last year</p> <p>Rest</p> | <p>23 Express thankfulness for life's hardships</p> <p>4 min plank</p> | <p>24 Compliment a stranger</p> <p>4 min 30 sec plank</p> |
| <p>25 Write down three things that you appreciate about your boss</p> | <p>26 Notice positive traits about your colleagues</p> <p>5 min plank</p> | <p>27 Spend time with loved ones</p> <p>5 min plsnk</p> | <p>28 Refrain from gossip or speaking negatively about others</p> <p>Rest</p> | <p>29 Write a thank-you note to a colleague</p> <p>5 min plank</p> | <p>30 Start a gratitude journal</p> <p>5 min plank</p> | <p>Visit the County's Facebook Page for plank and other exercise demonstrations. Also view our cooking demonstrations for healthier holiday menu options.</p> |