

more information.

Visit calawyers.org/health-and-wellness/ for

2022.

item to keep up the good work throughout

Those who participate will receive a wellness

of this matrix for a list of suggested prompts.

date of completion. You can view the other side

activity you have done in a blank square with a

throughout the challenge. Jot down the wellness

guide & tracker of your accomplishments

Fold this matrix in half to serve as a desk-top



#CLAWellnessChallenge MATRIX (Blank)

#CLAWellnessChallenge MATRIX (Guided)

Meditation or mindfulness exercise	Drink 64 oz. of water in a day	No TV or streaming for a day	Connect w/ someone of another generation	Be vegan for a day (no animal products)
Take an afternoon nap	Disconnect from social media for a day	Do the 4-7-8 deep breathing exercise	Create with your hands (art, garden, crafts, etc.)	Attend a wellness presentation
Quick declutter of desk, car, or other area	Try a new workout or exercise	Spend 15 minutes stretching	Solve a puzzle (crossword, sudoku, etc.)	Write and send a letter/card to a friend
Call a friend or relative	Dance to your favorite song	Get 8+ hours of sleep	Read an article about something new to you	Write and reflect on 3 things you're grateful for
No sugar for a day	Donate to or volunteer with a charity	Try a new recipe	Spend 60 minutes outdoors	Eat 6+ servings of fruit and vegetables



Fold this matrix in half to serve as a desk-top guide & tracker of your accomplishments throughout the challenge. When you complete one of the prompts, write the date of completion over the completed square.

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