

## 25 Days of Wellness

As we kick off the 25 Days of Wellness we realize there might be some questions. We hope that this FAQ sheet will answer those questions for you!

Q: I can't do a plank, push or jumping jack. Can I still participate?

A: YES! All of these can be modified so you can still complete these activities.

Q: I can't follow the activity on the day you have it assigned. Can I still participate?

A: YES! You can pick any activity on any day. You just have to complete one activity from the Wellness Tree per day from December 1<sup>st</sup> through December 25<sup>th</sup>!

Q: Can I combine days so I can finish early?

A: NO! The Goal is to do one activity per day from the tree.

Q: How are these activities being tracked?

A: By you! You need to keep track of each activity you complete throughout the 25 days. Color in the circle as you complete them.

Q: I do not participate in the wellness program or the school health insurance. Can I still participate in the 25 Days of Wellness?

A: Yes! This is for everyone! We want the entire staff to be involved. Even challenge your spouse and children!

Q: Is there an incentive or a prize for completing the program?

A: YES! See the website for details.