



## Challenge: Holiday De-Stress

Ah, the winter holidays – starting with Thanksgiving and ending after the new year – what a stressful few months for everyone! Below are a few suggestions that may help you through the hectic holiday season.

**INSTRUCTIONS:** Earn five (5) points for every occasion that you take some personal, relaxation time. Read a book, meditate, take a walk or try yoga. Tally your points in the calendar below.

Name: \_\_\_\_\_ Member Number: \_\_\_\_\_

Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Did you earn **50 points** this month? Submit your points by **JANUARY 5, 2026** to be entered in the prize drawing.



Total Points for the Month

\*Please note that this challenge is **not** intended to replace medical advice. Before beginning this or any other nutritional or exercise regimen, consult your physician to be sure it is appropriate for you.

DECEMBER 2025  Tracking Sheet