SMALL STEPS SEPTEMBER

30 Days of Everyday Wellness | September1-30, 2026

GOAL: 20 DAYS

How to Participate

Complete at least one wellness activity per day, then check the box and write the category code. **Aim for 20 completed days.**

M Move N Nourish R Recharge C Connect Z Rest

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 ☐ *What did you do? (optional)* Category code(s):	2 ☐ *What did you do? (optional)* Category code(s):	3 ☐ *What did you do? (optional)* Category code(s):	4 ☐ *What did you do? (optional)* Category code(s):	5 ☐ *What did you do? (optional)* Category code(s):
6 ☐ *What did you do? (optional)* Category code(s):	7 ☐ *What did you do? (optional)* Category code(s):	8 ☐ *What did you do? (optional)* Category code(s):	9 ☐ *What did you do? (optional)* Category code(s):	10 ☐ *What did you do? (optional)* Category code(s):	11 ☐ *What did you do? (optional)* Category code(s):	12 ☐ *What did you do? (optional)* Category code(s):
13 ☐ *What did you do? (optional)* Category code(s):	14 ☐ *What did you do? (optional)* Category code(s):	15 ☐ *What did you do? (optional)* Category code(s):	16 ☐ *What did you do? (optional)* Category code(s):	17 ☐ *What did you do? (optional)* Category code(s):	18 ☐ *What did you do? (optional)* Category code(s):	19 ☐ *What did you do? (optional)* Category code(s):
20 ☐ *What did you do? (optional)* Category code(s):	21 ☐ *What did you do? (optional)* Category code(s):	22 ☐ *What did you do? (optional)* Category code(s):	23 ☐ *What did you do? (optional)* Category code(s):	24 ☐ *What did you do? (optional)* Category code(s):	25 ☐ *What did you do? (optional)* Category code(s):	26 ☐ *What did you do? (optional)* Category code(s):
27 ☐ *What did you do? (optional)* Category code(s):	28 ☐ *What did you do? (optional)* Category code(s):	29 ☐ *What did you do? (optional)* Category code(s):	30 ☐ *What did you do? (optional)* Category code(s):			

Name: _____ **Department:** _____ **Total Days Completed:** _____

One habit I want to continue in October: _____

Choose activities that are safe, accessible, and appropriate for you.