

Lunchtime's Wellness Team challenges you to focus on your career wellness this month.

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Create a "to do list" that will help prioritize your day/week/month.	2 Ask your supervisor for feedback regularly positive and or constructive.	3 Set a personal SMART goal. Specific, measurable,achievable, relevant, timely	4 Plan to learn a new skill that is relevant to your position
5 Look for one area of improvement in your operations that can address cost, safety and moral.	6 Ask the students for any feedback that may be helpful.	7 create a safer procedure for exposure areas	8 Recognize a coworker for a good deed or service on Paycor	9 Do some self-reflection: what is one of your strengths	10 Look for an opportunity to improve moral	11 Do some self-reflection: what is an area you need to improve
12 Think about an opportunity for personal career growth	13 Come up with some good promotion ideas for the team	14 Review your job description. Are you performing your duties?	15 Have a conversation with a coworker regarding their family or issues that show you care about them.	16 Know and understand your team's metrics goals. Ask your supervisor if unsure	17 Learn another team member's position so you can help if needed	18 Take an online free class such as learning Excel
19 Sign up for 401K	20 Ask for help from other team members when needed	21 Share your tips for success with other team members	22 If you have an issue with another team member, practice conflict resolution	23 Address one item on your "to do list" that has been neglected.	24 Research certifications you can take to improve your skills	25 Create a Linked In profile to network
26 Follow a career leadership group on Social Media that aligns with your position	27 Dedicate 15 minutes to de-clutter your workspace	28 Share a resource article that would be helpful to the team	29 Take a moment to celebrate a team "win"	30 Write 3 things down that you are grateful for at work	31 Reflect on how your efforts this month have supported the team's goals	
Take a picture while you are completing one of the activities this month and send it to HR@lunchtimesolutions.com .			All picture entries will be entered into a drawing for a prize at the end of the month. And you might even be featured in the newsletter!			

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lunchtime's Wellness Team challenges you to focus on your physical wellness this month.</p>						<p>1</p> <p>Calculate your BMI. Set a goal to get into the "Healthy" range.</p> <p>Visit: NIH BMI online calculator</p>
<p>2</p> <p>Start a food journal; written or free online Apps: My Fitness Pal or Lose It!</p>	<p>3</p> <p>Fill ½ of your plate with Vegetables at each meal today</p>	<p>4</p> <p>Listen to a positive Nutrition Podcast; Medicine with a Fork or The Doctor's Kitchen</p>	<p>5</p> <p>Avoid fried foods for the rest of the month</p>	<p>6</p> <p>Calculate your daily H2O intake. Visit Univ of FL free online water calculator</p>	<p>7</p> <p>Learn about the 3 Macro Nutrients: Carbohydrates, Proteins and Fats</p>	<p>8</p> <p>Switch from white bread and Pasta to whole wheat versions</p>
<p>9</p> <p>Meal plan and prep for the week to avoid unhealthy choices</p>	<p>10</p> <p>Find out how much daily fiber you should be eating at: https://www.usada.org</p>	<p>11</p> <p>Practice appropriate portion controls for each Macro Nutrient at each meal</p>	<p>12</p> <p>Start taking a Probiotic daily</p>	<p>13</p> <p>Add a side salad to your lunch to increase your daily vegetable intake</p>	<p>14</p> <p>Know your daily sodium limits. Visit: www.heart.org</p>	<p>15</p> <p>Choose low-fat dairy only</p>
<p>16</p> <p>Cut sugar out this week</p>	<p>17</p> <p>Read Nutrition Labels. Choose foods with less than 5 ingredients only</p>	<p>18</p> <p>Try a new Vegetable today</p>	<p>19</p> <p>Make a Vegetarian dinner such as Black Bean Tacos to decrease saturated Fats</p>	<p>20</p> <p>Snack on nuts, fruits, low-fat cheese instead of chips or sweets</p>	<p>21</p> <p>Prepare a new fish recipe for dinner to increase lean protein intake Eat fish 1Xwk</p>	<p>22</p> <p>Start drinking green tea daily to decrease inflammation</p>
<p>23</p> <p>Cut out all processed meats this week</p>	<p>24</p> <p>Try a new fruit today</p>	<p>25</p> <p>Research a good multi-vitamin and start taking daily</p>	<p>26</p> <p>Eat a vegetable from each of the color groups today: orange/red/dark green/leafy green</p>	<p>27</p> <p>Add a legume serving (type of bean or pea) to lunch or dinner</p>	<p>28</p> <p>Eat ½ an Avocado for your daily serving of healthy fat</p>	
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