

WEEK 2 : Wellness Designed For You

A curated set of resources to help , your team, and your workplace to thrive at your own pace, in your own way.



This week's resources

1 30-Day Healthy Habits Challenge



A 30-day challenge designed to help you build, maintain, and celebrate healthy habits that support your physical, mental, and emotional wellbeing.

2 Habit Tracker Templates



Weekly and monthly habit tracking templates to help you stay consistent, accountable, and motivated as you build positive routines.

3 SMART Goal Workbook



A practical workbook to help you set Specific, Measurable, Achievable, Relevant, Time-Bound, Inclusive, and Equitable wellbeing goals.

4 Flexible Wellness Challenge Options



A collection of adaptable wellness challenges that can be customized to fit different workplace cultures, schedules, and employee interests.

5 Customizable Wellness Goal Sheets



Fillable goal sheets that support personal wellness planning, goal setting, and self-reflection across multiple dimensions of wellbeing.

6 Wellness Points & Rewards System



A points-based system that recognizes progress, encourages participation, and rewards healthy behaviours and team engagement.

7 Weekly Team Wellness Check-Ins



Simple check-in templates and prompts to encourage team conversations, share wins, identify challenges, and support collective wellbeing every week.

Customizable Wellness Goal Sheets

WELLNESS DESIGNED FOR YOU

Employees can select goals that are meaningful to their personal wellbeing journey and use these sheets to plan, track, and reflect on their progress throughout October and beyond.



General Wellness Goal Planning

Use this sheet to define a personal wellness goal that is meaningful to you.

MY WELLNESS GOAL

What do I want to achieve?

WHY THIS GOAL MATTERS

What is my personal motivation?

WHAT SUCCESS LOOKS LIKE

Describe your desired outcome

HOW I WILL MEASURE PROGRESS

What milestones or indicators will I use?

POTENTIAL CHALLENGES

What obstacles might I encounter?

SUPPORT I MAY NEED

People, resources, or accommodations

Physical Wellbeing Goal Sheet

Physical wellbeing supports energy, focus, and overall health. Use this sheet to set a goal related to how you care for your body each day.

AREAS TO CONSIDER: Movement | Sleep | Hydration | Nutrition

MY PHYSICAL WELLBEING GOAL

WHY THIS GOAL MATTERS TO ME

WHAT SUCCESS LOOKS LIKE

STEPS I WILL TAKE

Daily or weekly actions

HOW I WILL TRACK PROGRESS

POTENTIAL CHALLENGES AND SOLUTIONS

SUPPORT I MAY NEED

Mental and Emotional Wellbeing Goal Sheet

Mental and emotional wellbeing is foundational to how we show up at work and in life.

AREAS TO CONSIDER: Stress Management | Mindfulness | Self Care | Work Life Balance

MY MENTAL AND EMOTIONAL WELLBEING GOAL

WHY THIS GOAL MATTERS TO ME

WHAT SUCCESS LOOKS LIKE

DAILY OR WEEKLY PRACTICES I WILL TRY

Actions and routines

HOW I WILL KNOW I AM MAKING PROGRESS

POTENTIAL CHALLENGES AND HOW I WILL ADDRESS THEM

SUPPORT I MAY NEED

Social and Workplace Wellbeing Goal Sheet

Meaningful connections and a supportive workplace culture are vital to overall wellbeing.

AREAS TO CONSIDER: Team Connection | Communication | Recognition | Collaboration

MY SOCIAL AND WORKPLACE WELLBEING GOAL

WHY THIS GOAL MATTERS TO ME

WHAT SUCCESS LOOKS LIKE

ACTIONS I WILL TAKE

Steps toward connection and contribution

HOW I WILL KNOW I AM MAKING PROGRESS

POTENTIAL CHALLENGES AND HOW I WILL NAVIGATE THEM

SUPPORT I MAY NEED

Professional Wellbeing Goal Sheet

Professional wellbeing is about finding purpose and satisfaction in your work.

AREAS TO CONSIDER: Learning | Time Management | Skill Development | Career Growth

MY PROFESSIONAL WELLBEING GOAL

WHY THIS GOAL MATTERS TO ME

WHAT SUCCESS LOOKS LIKE

STEPS I WILL TAKE TO GROW

Actions and learning opportunities

HOW I WILL MEASURE MY PROGRESS

POTENTIAL CHALLENGES AND HOW I WILL APPROACH THEM

SUPPORT I MAY NEED

Reflection and Next Steps

Take a moment to reflect on your wellness journey. Recognizing progress, learning from challenges, and planning forward are all essential parts of building sustainable habits.

What progress did I make?

Reflect on the steps you took, no matter how small.

What worked well?

Identify strategies, routines, or supports that made a positive difference.

What challenges did I experience?

Recognizing obstacles helps you prepare for the future.

What would I like to continue?

Choose the habits and approaches you want to carry forward.

My Next Wellness Goal

Your wellbeing journey does not end in October. What would you like to focus on next?