

Quantin Binnah
Community Centre



Live your Best Life!



Wellness Workbook

Adults
ages 15+



Start of month Reflections

**Take time at the start of the month to reflect on
your physical activity and movement.**

What types of physical activities do I enjoy most, and how can I incorporate them into my routine this month?

How can I set realistic fitness goals for October that align with my current fitness level and lifestyle?

What are the main barriers preventing me from being more active, and how can I over-come them?



How can I track my progress and stay motivated throughout October?

What role does movement play in my mental and emotional well-being, and how can I enhance this connection?

How can I involve friends or family in my physical activities to make them more enjoyable?

How can I ensure I'm getting enough rest and recovery between my physical activity?

Keep your start of month reflections in mind when creating your smart goals and how you can you them to create a more peaceful month ahead.



October Challenge

Move Every Day Challenge

How It Works:

Daily Movement Goal: Commit to engaging in a minimum of 30 minutes of physical activity every day. This could include walking, jogging, cycling, dancing, yoga, or any other activity that gets your body moving.

Variety: Mix up your activities to keep things interesting and target different muscle groups. Challenge yourself to try new exercises or routines through-out the month.

Accountability: Hold yourself accountable by tracking your daily movement using the challenge tracker.

Consistency: Aim to make movement a non-negotiable part of your daily routine, just like brushing your teeth or eating meals. Consistency is key to reaping the benefits of regular physical activity.

Challenge Checklist

Check off each day you reflect/ think on your communication style and if you make any changes.

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Smart Goals

Can you set one goal for the month of October that could help improve
your physical movement abilities?

Think back on your reflections to inform your goal.

Specific

What exactly needs to be accomplished?

Who else will be involved?

Where will this take place?

Why do I want to accomplish the goal?

Measurable

How will I know I've succeeded?

How much change needs to occur?

How many accomplishments or actions will it take?

Attainable

Do I have or can I get, the resources needed to achieve the goal?

Is the goal a reasonable timeframe for me?

Are the actions I plan to take likely to bring me success?



Smart Goals

Relevant

Is this a worthwhile goal for me right now?

Is it meaningful to me?

Would it delay or prevent me from achieving a more important goal?

Am I willing to commit to achieving this goal?

Time bound

What is the deadline for reaching the goal?

When do I need to take action?

What can I do today?



End of month Reflections

Take time at the end of the month to reflect on your goals, challenges and physical activities.

What types of physical activities did I enjoy most this month, and how did incorporating them into my routine impact my overall well-being?

How well did I set and achieve my fitness goals for October, and how did they align with my current fitness level and lifestyle?

What were the main barriers I encountered in being more active this month, and how effectively did I overcome them?



How did I track my progress and stay motivated throughout October, and what methods worked best for me?

What role did movement play in my mental and emotional well-being this month, and how can I further enhance this connection in the future?

How did involving friends or family in my physical activities make them more enjoyable, and what can I do to continue this practice?

How well did I ensure I was getting enough rest and recovery between my physical activities, and what adjustments can I make for better balance?

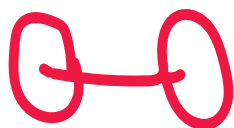
Planning Guide

On the next page you will find a monthly spread page. Use this guide to help you fill in your spread and incorporate your goals and personal time into your month.

Body Check in:

During your movement challenge it is important to check in on your body. Schedule time to stretch, rest and see how your body is doing during this time.

Key symbol:



Smart Goal Setting Day:

Allocate a day each month to disconnect from digital devices. Use your planner to choose a date and plan alternative activities like reading, journaling, or outdoor adventures.

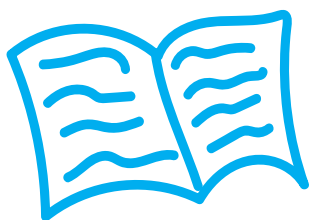
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Reflection time:

Schedule the time you for your monthly reflections. This can also include giving your self some quiet down time .

Key symbol:



Planning Example

See our example below of how you might like to use your monthly calendar:

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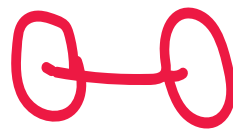
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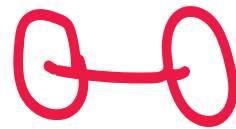
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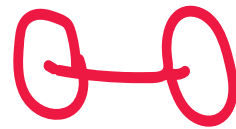
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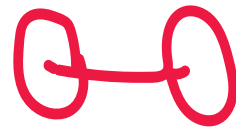
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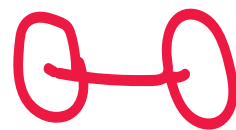
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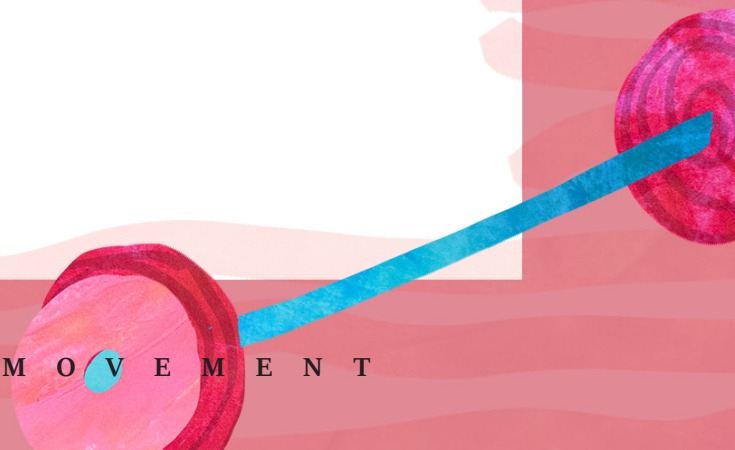
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