





BE HEART SMART WITH THE 8 DIMENSIONS OF WELLNESS

February is Heart Health Awareness Month

Each week, earn hearts by completing heart-healthy tasks across the 8 dimensions of wellness. Fill in a heart for each completed task. Remember to prioritize balance and rest along the way.









 Physical
  Emotional
  Social
  Spiritual
  Intellectual
  Environmental
  Financial
  Occupational

WEEK 1: Feb 1-7

-  30 minutes of cardio
-  5-10 minutes of deep breathing
-  Call/text someone you haven't connected with in a while.
-  Spend time in nature (ex: watch sunrise/sunset)
-  Learn what RPE means and how to use it on a walk.
-  Declutter a small area in your house
-  Plan a no spend-day or week
-  Create a to-do list for the week to reduce mental load









Week 1 Total _____

WEEK 2: Feb 8-14

-  Stretch for 10 minutes, 3 days this week
-  Identify one stress trigger and one coping strategy
-  Do a random act of kindness
-  Spend 5 minutes in quiet reflection
-  Try a food swap that supports heart health
-  Set up your environment for success the next day (set out clothes, fill up water, prep lunch, etc.)
-  Eat at home
-  Take 3 standing breaks during work

Week 2 Total _____

WEEK 3: Feb 15-21

-  Practice balance for 10 minutes, 3 days this week
-  Try 10 minutes of meditation
-  Get coffee/lunch with a friend or family member
-  Write down what matters most to you
-  Do a puzzle, crossword, or brain game
-  Open a window for fresh air
-  Track your spending for the week
-  Take a real lunch break (no multitasking)

Week 3 Total _____

WEEK 4: Feb 22-28

-  Walk 10,000 steps or most you can in a day
-  Write down 5 things you're grateful for
-  Share a healthy recipe or wellness tip with family member/friend.
-  Reflect on your "why" for your health goals
-  Read an article or listen to a podcast on heart health
-  Spend time outside without your phone.
-  Bring a snack/lunch from home
-  Declutter your workspace

Week 4 Total _____