

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 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 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 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 1 Total _____

Week 2 Total _____

Week 3 Total _____

Week 4 Total _____