




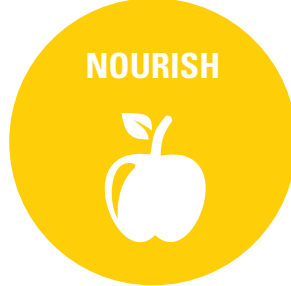


# BE WELL *Breaks*

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

Use this sheet to keep track of your activities for each week. Make a checkmark for each time you take a "Be Well Break." Keep this sheet near you where you work to help serve as a reminder to take breaks.

	 <p><b>CONNECT</b></p> <p>i.e. talked w/co-worker, social media</p>	 <p><b>CALM</b></p> <p>i.e. breath or time-out</p>	 <p><b>MOVE</b></p> <p>i.e. stretch, strength, walk</p>	 <p><b>NOURISH</b></p> <p>i.e. ate fruit, veggies, nuts, low fat dairy</p>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

**QUESTIONS?**

Email [mhealthy-well-coord@umich.edu](mailto:mhealthy-well-coord@umich.edu)