



Wellness Month February 2023

ROSEDALE

Wellness Month Goals:

Objective: Create wellness goals for yourself to try and complete during Wellness Month and beyond!

Activity: For each Wellness Theme, write a SMART goal for yourself (*Specific, Measurable, Achievable, Realistic, Time Bound*)

Weekly Wellness Theme: Growth Mindset

SMART Goal:

Weekly Wellness Theme: Physical Wellness

SMART Goal:

Weekly Wellness Theme: Mental Wellness

SMART Goal: