Attend "Posture Power: The Role of Desk Exercises in Core and Glute Health" webinar ☐	Register on the Virtual health fair website ☐	Track your water intake each day. Drink half your weight in ounces! ☐	Try a new recipe this week. Need ideas? Check this out! ☐
Try one of these breathing techniques to relieve stress! ☐	Attend "Mason Jar Magic: Easy, Healthy Meals on the Go" live webinar ☐	Visit the Lobby Page to get started! ☐	Try a new book! Read a new book or listen to a new audiobook every day this week. ☐
Visit the LifeSpeak Vendor Booth ☐	Commit to no screen time for 60 minutes before bedtime! ☐	Attend "Breaking the Burnout Cycle: Strategies for Managing Stress and Preventing Burnout*" live webinar ☐	Check Out the Swag Page! ☐
Walk at least 10,000 steps one of the days this week. Curious why this number matters? Read about it here! ☐	Complete a 5-minute meditation each day of the week. ☐	Journal at least 2 times this week. Write down 3 things you are grateful for. Why does journaling matter? Check it out here! ☐	Visit the Personify Health Vendor Booth ☐