

# 2020 -12 Days of Wellness Log

**Begins Thursday, Dec. 3 - Monday Dec. 14**

**Send completed Log by 5pm on Dec 14<sup>th</sup>**

## ZOOM Celebrations on Wed. Dec 16 at 3:00 pm

Your mission is to complete at least one wellness activity each of the 12 days from Thursday, December 3 through Monday, December 14. See Activities List for all the different areas for ideas and of course due to COVID 19 adjust for safety and add your own activities. Record and return this completed page (log) by Tuesday, Dec. 14, 2020, by 5 p.m. Email to Employee Wellness Coordinator Ruth Dey at rdey@jccc.edu Join in the Celebration Zoom meeting at 3 pm on Wed. December 16<sup>th</sup>, during this time your completed logs will be put in for drawings. Wear your Holiday attire, relax with your favorite drink, have a healthy and/or unhealthy snack. Show off your holiday decorations and we would love to see your pets in their holiday attire.

Go to [jccc.zoom.us](https://jccc.zoom.us) join meeting ID # **731 968 2854**

Name \_\_\_\_\_ ext. \_\_\_\_\_ Dept./Box \_\_\_\_\_  
Email \_\_\_\_\_@jccc.edu

DAY	DATE	ACTIVITY
Day 1 .....	Dec. 3 .....	_____
Day 2 .....	Dec. 4 .....	_____
Day 3 .....	Dec. 5 .....	_____
Day 4 .....	Dec. 6 .....	_____
Day 5 .....	Dec. 7 .....	_____
Day 6 .....	Dec. 8 .....	_____
Day 7 .....	Dec. 8 .....	_____
Day 8 .....	Dec. 10 .....	_____
Day 9 .....	Dec. 11 .....	_____
Day 10 .....	Dec. 12 .....	_____
Day 11 .....	Dec. 13 .....	_____
Day 12 .....	Dec. 14 .....	_____

Great Job!!! You have completed your 12 Days of Wellness! Your Celebration is on zoom.

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