

7 Day Wellness Challenge



Join us for a 7 day wellness challenge!
Check off the activity once you've completed it and
share with us!

@raleighparks #PlayAnywhereRaleigh

Day 1

Start a
new
book

Day 2

Do 15
minutes
of yoga

Day 3

Have a
phone-
free
night

Day 4

Plan a
healthy
meal

Day 5

Video
chat
with
friends

Day 6

Go for a
walk
outside

Day 7

Listen to
your
favorite
music