

# 24 Days To 2024 Be Well Challenge



**Day 1**  
Friday, Dec. 8  
**Before you Begin:** What motivates you? Reflect on what wellness means to YOU and what YOU would like 2024 to look like.

Completed



**Day 2**  
Saturday, Dec. 9  
**Note to Self:** Start a Journal, write down at least 4 S.M.A.R.T goals for 2024. [Try this Think App to get started.](#)

Completed



**Day 3**  
Sunday, Dec. 10  
**Unclutter the Mess & De-stress:** Pick something that you have been meaning to do, clean or re-organize and do it. Seize the day!

Completed

**Day 4**  
Monday, Dec. 11  
**Bust a Move!:** Have a 10-min. holiday song dance party (at least 3 songs)! Feel the beat and don't stop moving your feet. [Try this playlist of songs!](#)

Completed



**Day 5**  
Tuesday, Dec. 12  
**Preparation is Key to Prevention:** Schedule all your wellness visits for the new year.

Completed

**Day 6**  
Wednesday, Dec. 13  
**Take it or Leave It:** Stop by a "Free Little Library" in your area and leave a book or take one that interests you or your little ones.

Completed

**Day 7**  
Thursday, Dec. 14  
**Smile, It's Contagious:** Coping with holiday stress can be difficult. Laughter is good medicine when you're feeling down. [Watch this video about the surprising health benefits of laughter.](#)

Completed



**Day 8**  
Friday, Dec. 15  
**Funday Friday:** Personalize and decorate your tree ornaments with your family and friends. Ornament decorating is always a fun tradition to start.

Completed

**Day 9**  
Saturday, Dec. 16  
**EnLIGHTened Display:** Decorate your home or workspace with a holiday light display, that's sure to "brighten" up the day or night!!

Completed

**Day 10**  
Sunday, Dec. 17  
**Cookie Crumbles:** Make your favorite holiday cookie and share your recipe and photo on the Be Well Illinois Facebook page at: <https://www.facebook.com/BeWellIllinois>

Completed



**Day 11**  
Monday, Dec. 18  
**Add Color to Your Plate:** Plan and prep healthy lunches for a week focusing on green and red items. [Click here for red ideas.](#) [Click here for green ideas.](#)

Completed



**Day 12**  
Tuesday, Dec. 19  
**It's Important to Be Grateful:** Call someone who's played a big role in your life and thank them.

Completed

**Day 13**  
Wednesday, Dec. 20  
**Every Little Step You Take:** Get at least 15,000 steps while you rush around doing last minute holiday prepping.

Completed

**Day 14**  
Thursday, Dec. 21  
**Protect Your Loved Ones:** Be sure to update your beneficiary on all accounts. It eliminates confusion and ensures that your chosen beneficiary will inherit your benefit(s). Contact your retirement system, life insurance carrier and deferred compensation plan.

Completed

**Day 15**  
Friday, Dec. 22  
**Spirit of Giving:** Deliver a hot cocoa or coffee to a crossing guard near by.

Completed

**Day 16**  
Saturday, Dec. 23  
**Huff & Puff B4 You Stuff:** Pick a new physical activity to do before you indulge in holiday dinner and dessert. Pick a video OnDemand, play a DVD, or [YouTube.](#)

Completed



**Day 17**  
Sunday, Dec. 24  
**Operation Preservation:** Release the stress of the holidays and come back to center. Meditation can give you a sense of calm, peace and balance. [Try this video and Be Well!](#)

Completed



**Day 18**  
Monday, Dec. 25  
**Money Doesn't Grow on Trees:** Find all the things you need to get started on your financial wellness journey, [complete your personalized profile](#) to begin!

Completed



**Day 19**  
Tuesday, Dec. 26  
**Go Green:** If you do not do this already, start a recycling program, or make smaller efforts to not litter or be wasteful (e.g. change your furnace filter, switch your lightbulbs to energy efficient ones).

Completed

**Day 20**  
Wednesday, Dec. 27  
**Winterize:** Be prepared for winter this year and keep a safety kit in your car in case of emergency. Your kit can have items like: water, jumper cables, ice scraper, mini-shovel, blanket, sweater/coat, boots, gloves, hat and a flashlight.

Completed

**Day 21**  
Thursday, Dec. 28  
**A Little Goes A Long Way:** Clean out old clothes, toys or household items to give away and donate.

Completed

**Day 22**  
Friday, Dec. 29  
**Jingle Jam:** Wear PJ's and eat popcorn while watching holiday movies or listen to music with family and friends.

Completed

**Day 23**  
Saturday, Dec. 30  
**It's Time to Celebrate:** Get ready for a new you, celebrate your successes. Bring in the new year with a plan, optimism, and excitement. (Don't forget to send us a selfie of the new you at [BeWell@illinois.gov!](mailto:BeWell@illinois.gov))

Completed

**Day 24**  
Sunday, Dec. 31  
**Digital Detox:** [Click here](#) or scan the QR code to see what happens when we overindulge in technology, and ideas for how to disconnect in healthier ways.

Completed

