

# LENT

A TIME TO PREPARE

**40 Days of Wellness  
Your Personal Lenten Wellness Calendar**

Lent is a season for renewal. All of us have things in our lives that come between us and God. Lent is a time to be willing to change, to become aware of our attachments, to be less of a slave to old habits; it's a time to learn patience and develop endurance in practicing new habits to help us grow during this holy season.



# My Lenten Wellness Journey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			February 14 Wellness Activity # ___ 	February 15 Wellness Activity # ___	February 16 Wellness Activity # ___	February 17 Wellness Activity # ___
	February 19 Wellness Activity # ___	February 20 Wellness Activity # ___	February 21 Wellness Activity # ___	February 22 Wellness Activity # ___	February 23 Wellness Activity # ___	February 24 Wellness Activity # ___
	February 26 Wellness Activity # ___	February 27 Wellness Activity # ___	February 28 Wellness Activity # ___	March 1 Wellness Activity # ___	March 2 Wellness Activity # ___	March 3 Wellness Activity # ___
	March 5 Wellness Activity # ___	March 6 Wellness Activity # ___	March 7 Wellness Activity # ___	March 8 Wellness Activity # ___	March 9 Wellness Activity # ___	March 10 Wellness Activity # ___
	March 12 Wellness Activity # ___	March 13 Wellness Activity # ___	March 14 Wellness Activity # ___	March 15 Wellness Activity # ___	March 16 Wellness Activity # ___	March 17 Wellness Activity # ___
	March 19 Wellness Activity # ___	March 20 Wellness Activity # ___	March 21 Wellness Activity # ___	March 22 Wellness Activity # ___	March 23 Wellness Activity # ___	March 24 Wellness Activity # ___
	March 26 Wellness Activity # ___	March 27 Wellness Activity # ___	March 28 Wellness Activity # ___	March 29 Wellness Activity # ___ 	March 30 Wellness Activity # ___ 	March 31 Wellness Activity # ___ 

**Easter Sunday, April 1 - Rejoice! He is Risen!**

## 40 Days of Wellness

**Complete at least one Wellness Activity each day February 14-March 31**  
**Record daily on your Wellness Calendar**

<b>Fitness</b>	<b>Nutrition</b>	<b>Stress, Sleep &amp; Well-Being</b>	<b>Spiritual</b>
1. Walk for a minimum of 10 minutes.	8. Pick one “not-so-healthy” snack food and say “goodbye” for 6 weeks.	15. Say “no” to screen time (TV/computer) at home today.	22. Wake up 15 minutes early to pray or meditate.
2. Attend a fitness class at your local gym.	9. Have at least 3 cups of vegetables today.	16. Try a brain game- crossword, Sudoku, etc.	23. Read the scriptures in the style of Lectio Divina
3. Walk at least 5000 steps daily.	10. Avoid foods with “added sugar.”	17. Give up late night TV; set a bedtime and stick to it	24. Pray a decade of the Rosary
4. Stand up at your desk and move for at least 5 minutes each hour.	11. Say “no thank you” to treats and sweets in the lunch room.	18. Avoid gossiping at work and work.	25. Listen to a spiritual podcast e.g. Pray As You Go, Laudate
5. Take the stairs at least 5 times today.	12. Drink 64 oz. of water during the day.	19. Eat lunch away from your desk or workspace.	26. Spend 5 minutes in the Prayer Chapel or in Adoration
6. Walk 15 minutes during your break or at lunch time.	13. Eat a healthy breakfast including protein before you leave for work.	20. Practice deep breathing for one minute 2x during the day.	27. Keep a prayer journal
7. Go for a bike ride or other outdoor activity with a family member or friend.	14. Eat two servings of fruit during your work day.	21. Say “no” to texting. Pick up the phone or talk face-to-face.	28. Turn off the car radio and pray in silence for at least 5 minutes.