



CaPE Everyday is a wellness initiative dedicated to educating, engaging, and empowering Xerox employees to engage in healthy behaviors.

Everyday

- ★ **Every weekly challenge begins on Sunday and ends on Saturday.**
- ★ **If you complete CaPE Weekly Challenge, share your experience on our Share point or Viva Engage.**
- ★ **Predict how many of the 26 weekly challenges you will attempt by putting a check in each box.**

For More information, visit:

WWW.MYCAPEVILLAGE.ORG

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January

- (Jan 4 - Jan 10): Start the year with gratitude-write down 3 things you're thankful for each day.
- (Jan 11 - Jan 17): Drink an extra glass of water each day this week.
- (Jan 18– Jan 24): Make social connections outside your circle.
- (Jan 25 - Jan 31): Journal about you goals for this year.

February

- (Feb 1- Feb 7): Write down one affirmation daily.
- (Feb 8- Feb 14): Practice deep breathing for 5 minutes each day.
- (Feb 15- Feb 21): Go to bed 30 minutes earlier than usual.
- (Feb 22- Feb 28) Limit screen time before bed.

March

- (Mar 1- Mar 7): Take a break and listen to calming music.
- (Mar 8–Mar 14): Write one thing you did well each day.
- (Mar 15–Mar 21): Try a new hobby this week.
- (Mar 22- Mar 28): Share how you feel with someone you trust.
- (Mar 29–Apr 4): Plan one fun activity just for yourself this week.

April

- (Apr 5 - Apr 11) : Declutter one small space this week.
- (Apr 12- Apr 18): Schedule one “no obligation day” this week.
- (Apr 19- Apr 25): Find a new podcast and listen to it.
- (Apr 26–May 2): Have a dance party at home two times this week .

May

- (May 3-May 9): Write two Thank you cards for people in your circle.
- (May 10-May 16): Book a massage, or hair appointment.
- (May 17-May 23): Create a digital photo album of all your favorite people and activities.
- (May 24-May 30): Soak up some sunlight this week.
- (May 31-June 6): Make your favorite meal this week.

June

- (Jun 7-Jun 13): Grab a nap or two this week.
- (Jun 14-Jun 20): Declutter one small space.
- (Jun 21-Jun 27): Buy or pick up a small bouquet of flowers for your home.
- (Jun 28-Jul 4): Take a relaxing bath this week.