



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

CAPE@XEROX.COM



July

- ☐ (Jul 5–Jul 11): Spend 15 minutes outside each day this week.
- ☐ (Jul 12–Jul 18): Compliment yourself once each day.
- ☐ (Jul 19–Jul 25): Try a new healthy snack or recipe this week.
- ☐ (Jul 26–Aug 1): Unplug from social media for one hour each day.

August

- ☐ (Aug 2–Aug 8): Read for pleasure for 15 minutes each day.
- ☐ (Aug 9–Aug 15): Reach out to an old friend or family member.
- ☐ (Aug 16–Aug 22): Stretch for 5 minutes each morning.
- ☐ (Aug 23–Aug 29): Create a relaxing bedtime routine this week.
- ☐ (Aug 30–Sep 5): Watch the sunrise or sunset at least once.

September

- ☐ (Sep 6–Sep 12): Write down one positive thought every day.
- ☐ (Sep 13–Sep 19): Prepare a healthy lunch or dinner this week.
- ☐ (Sep 20–Sep 26): Take a walk without your phone.
- ☐ (Sep 27–Oct 3): Practice saying “no” to one unnecessary obligation.

October

- ☐ (Oct 4–Oct 10): Light a candle or enjoy calming scents at home.
- ☐ (Oct 11–Oct 17): Clean out your email inbox for 10 minutes daily.
- ☐ (Oct 18–Oct 24): Try a guided meditation this week.
- ☐ (Oct 25–Oct 31): Write down your favorite memory from this year.

November

- ☐ (Nov 1–Nov 7): Share a kind note or message with someone.
- ☐ (Nov 8–Nov 14): Spend one evening this week screen-free.
- ☐ (Nov 15–Nov 21): Donate or give away items you no longer use.
- ☐ (Nov 22–Nov 28): List three things that made you smile each day.
- ☐ (Nov 29–Dec 5): Treat yourself to your favorite warm drink.

December

- ☐ (Dec 6–Dec 12): Reflect on one accomplishment from this year.
- ☐ (Dec 13–Dec 19): Listen to your favorite uplifting playlist.
- ☐ (Dec 20–Dec 26): Take time to rest without guilt this week.
- ☐ (Dec 27–Jan 2): Set one intention for the new year.