10-MINUTE (or LESS) TASK LIST

Remember, it’s not required, or expected, to complete each task.
This challenge is about progress, not perfection!

**MANAGE STRESS TASKS**
- Prepare the night before
- Write down your thoughts
- Reach out
- Take a breathing break
- Read before bed
- Show gratitude
- Do a body scan
- Replace a negative thought
- Put down the treat and walk
- Say “no” to something

**MOVE MORE TASKS**
- Take a 10-min walk break
- Take the stairs
- Just dance
- Do an ABE
- Do an extra chore
- Walk the dog
- Move during commercials
- Park in a "bad" parking spot
- Play with your kids
- Do a Tabata

**EAT SMART TASKS**
- Make a grocery list
- Pack your lunch
- Make a new healthy recipe
- Write down what you eat
- Decide before you dine
- Eat breakfast
- Add a vegetable
- Wash and chop produce
- Eat without distractions
- Swap your snack

Note: For more details, visit health.matters or call 888-543-8762.