

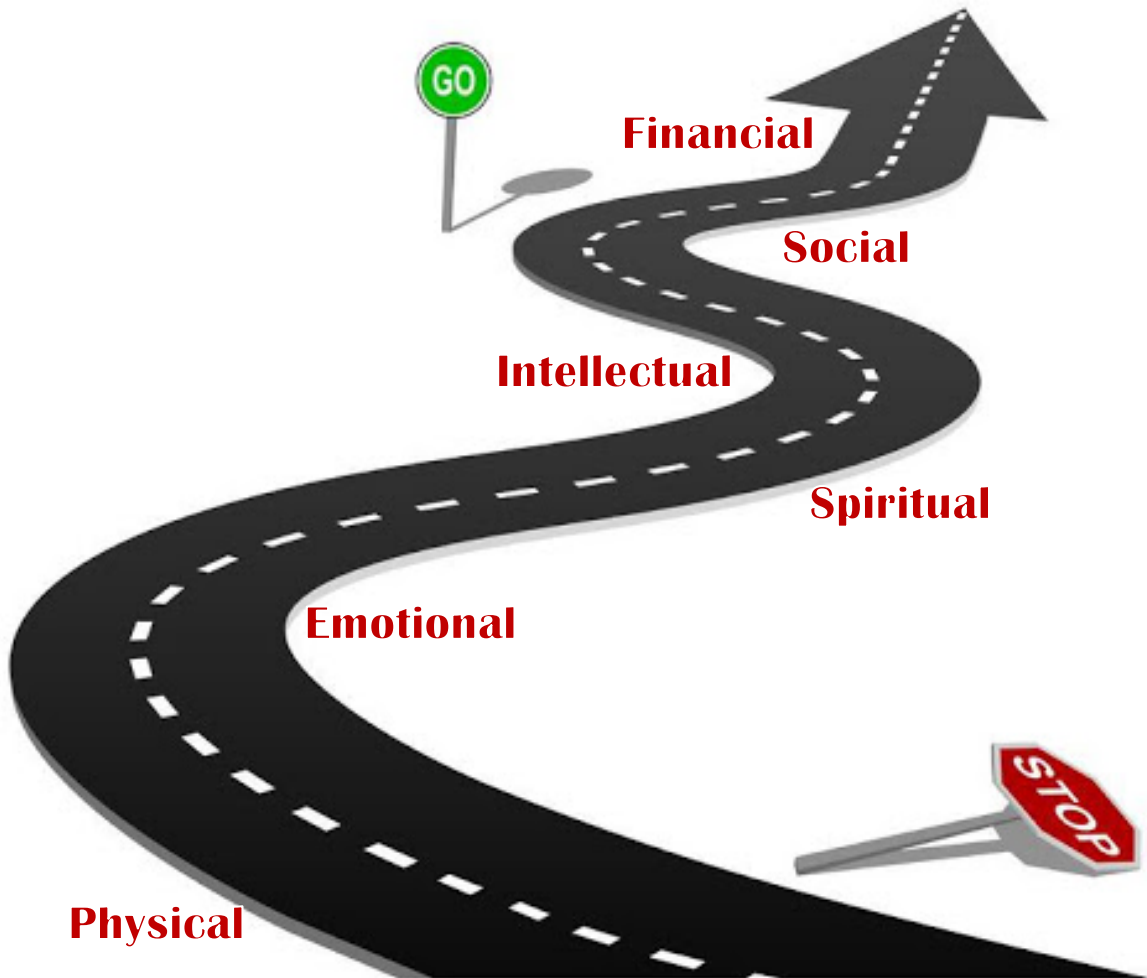


**WORKING FOR A
HEALTHIER TN**



Road to Wellness Challenge Roadmap

Take a journey through the six dimensions of wellness to achieve YOUR optimal health.



According to a study published in the European Journal of Social Psychology, it can take anywhere from 18 to 254 days for a person to form a new habit and an average of 66 days for a new behavior to become "automatic." There's no one-size-fits-all figure, which is why this time frame is so broad; some habits are easier to form than others and some people may find it easier to develop new behaviors.

There's no right or wrong timeline for healthy habits!
The only timeline that matters is the one that works best for YOU.



Road to Wellness Challenge

Directions: Choose a goal from the [Resources List](#) for each wellness dimension to focus on. Once you feel confident that you have made strides to meet that goal and make a lifestyle change, move on to the next wellness dimension. There is not a time limit on completing each goal. Continue until you successfully make your way through all six dimensions. The goal of this challenge is to focus on making healthy changes that YOU can maintain long-term. This is YOUR Road to Wellness!

	Goal	How I reached my goal	How I will maintain this healthy habit long-term	How long I spent working on this goal
Physical				
Emotional				
Spiritual				
Intellectual				
Social				
Financial				

Thank you for participating in the Road to Wellness Challenge! Please use this [submission form](#) to let us know about your journey through the six dimensions of wellness. Don't forget to let us know what you thought about this challenge by taking our short [survey](#).