

E&K Wellness Reset Passport

Dates: February 15 – March 31, 2026

Your space. Your pace. 

Welcome to the **E&K Wellness Reset Passport** — a self-guided journey focused on simple, consistent habits that support movement, energy, and balance during the seasonal transition.

How to Use Your Passport

- Complete the wellness missions at your own pace.
 - Check off or stamp each mission when completed.
 - You may complete missions on any day and in any order.
 - Finish all missions by **March 31, 2026** to earn a **Wellness Reward**.
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10 Wellness Missions

- Drink 8 cups of water**
 - Take a 20-minute walk**
(Light hills or varied terrain optional)
 - Do 5–10 minutes of mobility or joint movement**
 - Practice balance for 2 minutes**
(Standing or supported)
 - Do a short body-weight strength session (5–10 minutes)**
 - Practice posture or core awareness for 5 minutes**
 - Get quality sleep**
 - Eat a variety of vegetables**
 - Take one tech-free break**
 - Practice slow, controlled or mindful movement**
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Completion

I completed all 10 Wellness Missions by **March 31, 2026**.

Name: ____

Date: _____

Wellness Reward

Upon completion, receive one of the following: - Botanical hand sanitizer - Handmade soap - Surprise wellness gift

Thank you for taking part in the E&K Wellness Reset Passport. Small, consistent actions make a meaningful difference.