

30-DAY WELLNESS CHALLENGE



Scan each day's QR code to access resources to support you through the challenge and beyond.

☐ Day 1	 Write down your goals or write a letter to your future self. Writing to your future self can help provide perspective, set goals, and reinforce positive changes.	 Effectively plan for success using SMART Goals .
☐ Day 2	 Explore your MyNavigate Portal. Access personalized treatment tools 24/7, including your Nurse Navigator's contact information, sharps disposal container requests, and support and guidance.*	 Visit your MyNavigate Portal to access resources tailored to you.
☐ Day 3	 Begin tracking your symptoms today. Tracking symptoms can help you identify patterns and triggers, see how well your treatment is working over time, and communicate your progress to your doctor.	 Easily track your symptoms using our Symptom Tracker .
☐ Day 4	 Prep a healthy snack or meal today. Eating healthy, anti-inflammatory foods can reduce symptoms and improve overall well-being.	Anti-inflammatory foods include berries, fatty fish, olive oil, and leafy greens.
☐ Day 5	 Write down 3 things you're grateful for. Practicing gratitude can improve your mood and overall outlook, helping you focus on positive aspects of life.	Reach out to a BIMZELX Navigate Nurse Navigator to receive your complimentary treatment journal.*
☐ Day 6	 Take a 5-minute walk or have a stretch session. Regular physical activity can improve your overall health, boost energy levels, and reduce symptoms.	 Log your exercise in the MyFitnessPal app to keep track of your habits.†

*Nurse Navigators do not provide medical advice and will refer you to your healthcare professional for any treatment-related questions.

†MyFitnessPal is not affiliated with UCB. Additional terms and conditions may apply. Subscription required.

☐ Day 7	 Reflect: What made you smile this week? It can help improve your perspective to look back on the week and remember some of the positive things that happened.	 Guided journaling can help you reflect on the uplifting moments.
☐ Day 8	 Try a gentle mobility or yoga session today. Mobility exercises and yoga can improve flexibility and promote relaxation.	 Watch these videos for guided stretching suggestions.
☐ Day 9	 Journal for 5 minutes about how you're feeling today. Journaling can help you process emotions, gain insights, and track your progress over time.	Our treatment journals can help you log your thoughts, symptoms, and progress. You can request a journal from your Nurse Navigator.*
☐ Day 10	 Call, text, or talk to someone you trust. Open conversations can be a way to receive emotional support and practical help from friends and family members. Need help starting the conversation?	 Use our Conversation Guides for tips on talking with others about your condition.
☐ Day 11	 Keep a log of your meals. By monitoring what you're eating, you can look back and see any patterns related to foods that may trigger your symptoms.	 You can use our Food & Symptom Tracker to help keep track of your meals.
☐ Day 12	 Try a guided meditation. Regular meditation is a great way to clear your head, and it can help with certain mental stressors.	 Meditation apps like the Headspace app may help boost your sense of well-being.†

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☐ Day 13	 Consider joining a support group locally or online. If you already participate in support groups, reach out to support someone else in the community.	 Scan the QR code to view specific organizations for your condition.
☐ Day 14	 Reflect: What's one thing you're proud of? Celebrating achievements, big or small, can boost self-esteem and motivation.	 Guided journaling can help you reflect on the uplifting moments.
☐ Day 15	 Try a new activity. Exploring new activities can help alleviate stressors and refocus your outlook.	Consider something you might enjoy doing, like a sport, craft, or artistic hobby.
☐ Day 16	 Try 3 minutes of deep breathing. Taking time to breathe can help calm your body and lessen stress.	The 5-5-5 technique involves: 5 seconds of inhaling 5 seconds of holding your breath 5 seconds of exhaling
☐ Day 17	 Practice healthy communication: What's one thing you wish people understood about your condition? Healthy communication can improve relationships and help others understand your experiences and needs.	 Use our Conversation Guides for tips on talking with others about your condition.
☐ Day 18	Track your sleep: aim for at least 7 hours. Getting a healthy amount of sleep is important for your metabolism, cognitive functioning, and mental health.	

☐ Day 19	 Identify one thing to let go. Letting go of negative thoughts, habits, or triggers can reduce stress and improve overall well-being.	List things that cause stress that you can control, like social media consumption.
☐ Day 20	 Invite a friend to join the challenge. Even if they don't have your condition, having someone join the challenge adds camaraderie to the activities.	 Scan the QR code to view more national support organizations.
☐ Day 21	 Reflect: What's changed since Day 1? Reflecting on progress can boost your motivation and help you appreciate the positive changes you've made.	Using your SMART Goals from Day 1, you can reflect on your progress toward achieving your goals.
☐ Day 22	 Build a mini wellness routine: Pick 2–3 small habits and set a time to do them daily. Establishing a routine, like daily stretching, journaling, or deep breathing, can create consistency and make healthy habits easier to maintain.	Maybe some of the activities from this challenge can inspire some new habits?
☐ Day 23	Practice self-compassion today. Being kind to yourself can improve mental health, manage stress, and foster a positive self-image.	
☐ Day 24	 Talk to a friend or loved one about what this challenge has meant to you. Sharing your experiences can strengthen relationships and provide emotional support.	 Our Conversation Guides offer helpful tips for opening up to others.

☐ Day 25	 Try getting in a half hour of exercise. Regular exercise can help reduce triggers for symptom flare-ups.	 Watch these videos for guided exercise suggestions.
☐ Day 26	 List 3 things you've learned about yourself. Self-awareness can help you understand your strengths and areas for growth.	 Rising Above the Challenges can help you put your experiences into words.
☐ Day 27	Take a moment to thank someone who has supported you. Expressing gratitude can strengthen relationships and provide emotional support to both you and the person you're thanking.	
☐ Day 28	Reflect: What does wellness mean to you now? Reflecting on your definition of wellness can help you set meaningful goals and appreciate your progress.	
☐ Day 29	 Choose your favorite physical activity. Identifying and engaging in your favorite activities can make it easier to maintain a consistent exercise routine.	 Watch these videos for guided stretching suggestions.
☐ Day 30	 Celebrate your 30-day journey! Reflect on how far you've come and prepare for what's ahead—including travel!	Using your SMART Goals from Day 1, you can reflect on your progress and even create new goals to stay motivated.

