

SUMMER OF WELLNESS CHALLENGE



July 17-September 10

DIVE INTO YOUR HEALTHIEST SEASON EVER

Join our Summer of Wellness Challenge, July 17 through September 10. To develop and reinforce healthy habits for total well-being, complete weekly exercise goals along with well-being activities including sleep habits, hydration, spending time outdoors and gratitude.

Turn in your tracker to the fitness office by September 15 to be entered in a drawing for a grand prize!

Name: _____

Email: _____

- 1 Complete 6 of 8 weekly exercise goals—150 minutes—plus the well-being goals (sleep, nutrition, etc.).
- 2 Complete 6 of 8 one-time activities.

The weekly goals and one-time activities can be completed in any order.

WEEKLY GOALS | Complete the exercise and well-being goals for 6 of 8 weeks.

EXERCISE: 150 minutes per week WELL-BEING: Record the number of hours you sleep each night.								
WEEK ____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (minutes)								
SLEEP (hours)								

REFLECTION On average, how many hours of sleep did you get per day this week? _____

EXERCISE: 150 minutes per week WELL-BEING: Go to bed 30 minutes earlier than your regular bedtime each night.								
WEEK ____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (minutes)								
EARLIER BEDTIME	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	

REFLECTION How many days did you go to bed 30 minutes earlier? _____

EXERCISE: 150 minutes per week WELL-BEING: Record how you feel in the morning and evening.								
WEEK ____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (minutes)								
On a scale of 1-5 (1 = well rested and 5 = exhausted) how do you feel in the:								
MORNING								
EVENING								

REFLECTION Name one key takeaway you can use to feel more rested. _____

EXERCISE: 150 minutes per week WELL-BEING: Record the number of fruits and vegetables consumed each day.								
WEEK ____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (minutes)								
FRUITS & VEGGIES								

REFLECTION On average, how many fruits and vegetables did you eat per day this week? _____

EXERCISE: 150 minutes per week WELL-BEING: Eat 4-5 servings of fruits and vegetables each day.								
WEEK ____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (minutes)								
FRUITS & VEGGIES	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	

REFLECTION How did you reach your goal of 4-5 per day? _____

EXERCISE: 150 minutes per week WELL-BEING: Plan your meals each day.								
WEEK ____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (minutes)								
MEALS PLANNED	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	

REFLECTION What meal did you enjoy the most? _____

EXERCISE: 150 minutes per week WELL-BEING: Record the number of ounces of water you drink each day.								
WEEK ____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (minutes)								
WATER (ounces)								

REFLECTION On average, how many ounces of water did you drink per day this week? _____

EXERCISE: 150 minutes per week WELL-BEING: In one word, write down something you are grateful for each day.								
WEEK ____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (minutes)								
GRATEFUL FOR								

ONE-TIME ACTIVITIES | Complete 6 of 8

- Try a new group exercise class: _____
CLASS NAME
- Organize a space (office, closet, etc.): _____
SPACE ORGANIZED
- Do something you've been putting off: _____
ACTIVITY
- Spend time outside: _____
ACTIVITY
- Spend quality time with a friend or family member: _____
FAMILY MEMBER OR FRIEND'S NAME
- Try a new recipe: _____
RECIPE NAME
- Do something you love: _____
ACTIVITY
- Set a goal for the summer: _____
GOAL