

WELLNESS CHALLENGE

Let's get our move on!

A NEW CHALLENGE EACH WEEK THIS MONTH,

WEEK 1

MOVEMENT

Keep track of your total minutes of exercise each day. Walk, run, workout, do yoga, or shake your booty!



WATER

WEEK 2

Are you drinking enough water? Keep track of your total glasses each day. Drink up!



WEEK 3

MINDFULNESS

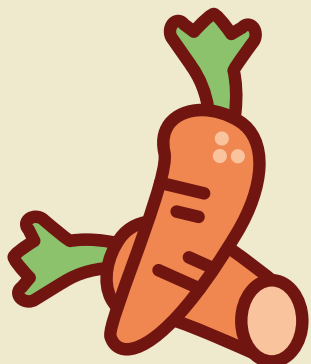
Set yourself an intention each day, track what it is and how it impacted your day. Namaste.



NUTRITION

WEEK 4

What nutrition choices are you making? Try a new challenge (or 2!) each day.



GET 'ER DONE!

We will be providing everyone with a tracker to help you reach your goals!