

 <p style="text-align: center;"><b>Your Wellness, Your Way SBAAZ!</b></p>	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week 1</b>	<b>April 2</b>	<b>April 3</b>	<b>April 4</b>	<b>April 5</b>	<b>April 6</b>	<b>April 7</b>	<b>April 8</b>	<b>TOTAL</b>
LOG YOUR MILES ON YOUR INDIVIDUAL PAGE DAILY!	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
<b>Exercise:</b> Go for a ~color walk~ pick a color to search for as you walk (Example: yellow signs, yellow houses, yellow cars, yellow flowers)	+1	+1	+1	+1	+1	+1	+1	
<b>Nutrition:</b> Create an account and set your nutrition and exercise goals in MyFitnessPal	+1	+1	+1	+1	+1	+1	+1	
<b>Movement:</b> Stretch for 15 minutes	+1	+1	+1	+1	+1	+1	+1	
<b>Sleep:</b> Reduce or eliminate caffeine intake after 3:00pm	+1	+1	+1	+1	+1	+1	+1	
<b>Hydration:</b> Track your daily water intake in MyFitnessPal	+1	+1	+1	+1	+1	+1	+1	
<b>Wellbeing:</b> Commit to trying a hobby or activity you have been wanting to do	+1	+1	+1	+1	+1	+1	+1	
<b>Selfcare:</b> Meditate for 10 minutes	+1	+1	+1	+1	+1	+1	+1	
<b>Education:</b> Attend or watch an Education Day Session or Weekly Program	+1	+1	+1	+1	+1	+1	+1	
<b>TOTAL</b>								
<b>Week 2</b>	<b>April 9</b>	<b>April 10</b>	<b>April 11</b>	<b>April 12</b>	<b>April 13</b>	<b>April 14</b>	<b>April 15</b>	<b>Total</b>
LOG YOUR MILES ON YOUR INDIVIDUAL PAGE DAILY!	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
<b>Exercise:</b> Try a workout video on youtube for an exercise you've never done before (kickboxing, yoga, HIIT)	+1	+1	+1	+1	+1	+1	+1	
<b>Nutrition:</b> Track your meals in MyFitnessPal every day	+1	+1	+1	+1	+1	+1	+1	
<b>Movement:</b> Clean for 30 minutes	+1	+1	+1	+1	+1	+1	+1	
<b>Sleep:</b> Turn off electronics 30 minutes before bed	+1	+1	+1	+1	+1	+1	+1	
<b>Hydration:</b> Drink a glass of water at every meal	+1	+1	+1	+1	+1	+1	+1	
<b>Wellbeing:</b> Organize a cluttered space	+1	+1	+1	+1	+1	+1	+1	
<b>Selfcare:</b> Talk to a friend or family member about your day	+1	+1	+1	+1	+1	+1	+1	
<b>Education:</b> Attend or watch an Education Day Session or Weekly Program	+1	+1	+1	+1	+1	+1	+1	
<b>TOTAL</b>								



