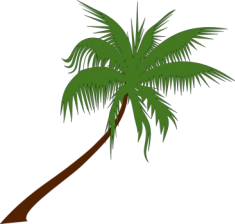




30-Day Wellness Challenge

| | | | | | | | |
|--|--|---|---|--|---|--|---|
|  |  |  | <p>Do the best you can and have fun!</p> | <p>Ready, Set, GO!</p> | <p><u>Thursday, June 1</u> 30 second "pretend" jump rope 30 second boxing front jabs 30 second jog in place</p> | <p><u>Friday, June 2</u> 40 second plank 15 triceps dips 15 mountain climbers 3 Rounds</p> | <p><u>Saturday, June 3</u> 25 jumping jacks 15 burpees 15 high knees 3 Rounds</p> |
| <p>This week's goal: Aim for 7 hours of sleep each night.</p> | <p><u>Sunday, June 4</u> 25 bridges 25 squats 25 lunges 3 Rounds</p> | <p><u>Monday, June 5</u> REST or find a fun activity!</p> | <p><u>Tuesday, June 6</u> 50 second plank 20 triceps dip 20 mountain climbers 3 Rounds</p> | <p><u>Wednesday, June 7</u> 30 jumping jacks 20 burpees 20 high knees 3 Rounds</p> | <p><u>Thursday, June 8</u> 30 bridges 30 squats 30 lunges 3 Rounds</p> | <p><u>Friday, June 9</u> REST or find a fun activity!</p> | <p><u>Saturday, June 10</u> 60 second plank 25 triceps dips 15 mountain climbers 3 Rounds</p> |
| <p>This week's goal: Pick 3 yoga moves to complete before bed each night.</p> | <p><u>Sunday, June 11</u> 35 jumping jacks 20 burpees 35 high knees</p> | <p><u>Monday, June 12</u> 10 push-ups 10 bicycle crunches 10 second wall sit 3 Rounds</p> | <p><u>Tuesday, June 13</u> 10 pile squats 10 scissors 10 fire hydrants 3 Rounds</p> | <p><u>Wednesday, June 14</u> REST or find a fun activity!</p> | <p><u>Thursday, June 15</u> 10 lateral lunges 10 curtsy lunges 10 forward alternative lunges 3 Rounds</p> | <p><u>Friday, June 16</u> 10 push-ups 10 bicycles crunches 10 second wall sit 3 Rounds</p> | <p><u>Saturday, June 17</u> 10 pile squats 10 scissors 10 fire hydrants 3 Rounds</p> |
| <p>This week's goal: Park in the farthest parking spot away from each of your destinations!</p> | <p><u>Sunday, June 18</u> REST or find a fun activity!</p> | <p><u>Monday, June 19</u> 15 push-ups 15 bicycle crunches 15 second wall sit 3 Rounds</p> | <p><u>Tuesday, June 20</u> 15 pile squats 15 scissors 15 fire hydrants 3 Rounds</p> | <p><u>Wednesday, June 21</u> 15 lateral lunges 15 curtsy lunges 15 alternating lunges 3 Rounds</p> | <p><u>Thursday, June 22</u> REST or find a fun activity!</p> | <p><u>Friday, June 23</u> 15 push-ups 15 bicycles crunches 15 second wall sit 3 Rounds</p> | <p><u>Sunday, June 24</u> 15 pile squats 15 scissors 15 fire hydrants 3 Rounds</p> |
| <p>This week's goal: Pack your lunch everyday for work.</p> | <p><u>Sunday, June 25</u> REST or find a fun activity!</p> | <p><u>Monday, June 26</u> 30 second "pretend" jump rope 30 second boxing front jabs 30 second jog in place 3 Rounds</p> | <p><u>Tuesday, June 27</u> 30 high knees 30 second boxing hooks 20 jumping jacks 3 Rounds</p> | <p><u>Wednesday, June 28</u> REST or find a fun activity!</p> | <p><u>Thursday, June 29</u> 30 second plank 10 mountain climbers 10 push-ups 3 Rounds</p> | <p><u>Friday, June 30</u> 20 jumping jacks 10 burpees 10 high knees 3 Rounds</p> | <p>Great Job!</p> |