**30-Day Wellness Challenge**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
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| **Sunday, Oct. 1** | 15 Drop Push-Ups  
Repeat 2 times |
| **Monday, Oct. 2** | 60 Second Plank  
Repeat 2 times |
| **Tuesday, Oct. 3** | 20 Triceps Dips  
**complete on a chair**  
Repeat 2 times |
| **Wednesday, Oct. 4** | 25 Bent Leg Raises  
with Hip Lift  
Repeat 2 times |
| **Thursday, Oct. 5** | 15 Weight Squat Clean & Press  
Repeat 2 times |
| **Friday, Oct. 6** | REST or find a fun activity! |
| **Saturday, Oct. 7** | 15 Leg Raises with Hip Raise  
Repeat 2 times |
| **Sunday, Oct. 8** | 20 Crunches with legs on couch or chair  
Repeat 2 times |
| **Monday, Oct. 9** | REST or find a fun activity! |
| **Tuesday, Oct. 10** | 20 Straight Leg Jack-knives  
Repeat 2 times |
| **Wednesday, Oct. 11** | 40 Ab “Bikes”  
Repeat 2 times |
| **Thursday, Oct. 12** | REST or find a fun activity! |
| **Friday, Oct. 13** | 15 Burpees  
Repeat 2 times |
| **Saturday, Oct. 14** | 50 Mountain Climbers  
Repeat 2 times |
| **Sunday, Oct. 15** | REST or find a fun activity! |
| **Monday, Oct. 16** | 40 Scissor Kicks on back  
Repeat 2 times |
| **Tuesday, Oct. 17** | 30 Weighted Step-Ups  
on a stair or chair, 15 on each side  
Repeat 2 times |
| **Wednesday, Oct. 18** | 40 Lunges (20 on each side)  
Repeat 2 times |
| **Thursday, Oct. 19** | REST or find a fun activity! |
| **Friday, Oct. 20** | 15 Sumo Squats  
Repeat 2 times |
| **Saturday, Oct. 21** | 30 Knee-Ups (15 on each side, complete on a step or chair)  
Repeat 2 times |
| **Sunday, Oct. 22** | REST or find a fun activity! |
| **Monday, Oct. 23** | 25 Triceps Dips  
Repeat 2 times |
| **Tuesday, Oct. 24** | 15 Decline Push-Ups  
Repeat 2 times |
| **Wednesday, Oct. 25** | REST or find a fun activity! |
| **Thursday, Oct. 26** | Crab Walk to the side  
20 steps  
Repeat 2 times |
| **Friday, Oct. 27** | 24 Plank Push-Ups  
Repeat 2 times |
| **Saturday, Oct. 28** | 40 Scissor Kicks on back  
Repeat 2 times |

**This week’s goal:** Avoid processed food.

**This week’s goal:** Look at your average step count for a week. Aim for adding 2,000 more steps a day for a week.

**This week’s goal:** When ordering a Pumpkin Spice Latte, get it with non-fat milk and save calories!

**This week’s goal:** Select Halloween candy that has fewer calories.

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Great Job!