

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



Your Wellness, Your Way SBANT!

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Week 5

April 30

May 1

May 2

May 3

May 4

May 5

May 6

TOTAL

LOG YOUR MILES ON YOUR INDIVIDUAL PAGE DAILY!

Miles =

Miles =

Miles =

Miles =

Miles =

Miles =

Miles =

Exercise: Start your day with 20 of a specific exercise such as squats/push ups/knee lifts/arm curls/ jumping jacks

+1

+1

+1

+1

+1

+1

+1

Nutrition: Prepare a healthy snack for yourself

+1

+1

+1

+1

+1

+1

+1

Movement: Set timers to give yourself breaks to get up and move around at home or work

+1

+1

+1

+1

+1

+1

+1

Sleep: Relax for 1 hour before bed (read, listen to music or journal)

+1

+1

+1

+1

+1

+1

+1

Hydration: Eat foods high in water content (melons, berries, lettuce)

+1

+1

+1

+1

+1

+1

+1

Wellbeing: Write a gratitude list

+1

+1

+1

+1

+1

+1

+1

Selfcare: Watch a funny video or tv show

+1

+1

+1

+1

+1

+1

+1

Education: Attend or watch an Education Day Session or Weekly Program

+1

+1

+1

+1

+1

+1

+1

TOTAL

Week 6

May 7

May 8

May 9

May 10

May 11

May 12

May 13

TOTAL

LOG YOUR MILES ON YOUR INDIVIDUAL PAGE DAILY!

Miles =

Miles =

Miles =

Miles =

Miles =

Miles =

Miles =

Exercise: Be active for 1 hour

+1

+1

+1

+1

+1

+1

+1

Nutrition: Eat your last meal at least 3 hours before bed

+1

+1

+1

+1

+1

+1

+1

Movement: Take a longer route in your house, a store, office

+1

+1

+1

+1

+1

+1

+1

Sleep: Go to bed and wake up at the same time each day

+1

+1

+1

+1

+1

+1

+1

Hydration: Drink a glass of water when you wake up

+1

+1

+1

+1

+1

+1

+1

Wellbeing: Write a to-do list to stay productive today

+1

+1

+1

+1

+1

+1

+1

Selfcare: Listen to your favorite song

+1

+1

+1

+1

+1

+1

+1

Education: Attend or watch an Education Day Session or Weekly Program

+1

+1

+1

+1

+1

+1

+1

TOTAL