YOUR Wellness YOUR Way SBANT!	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Dates in blue mean there is a free program that day! **Week 1**	**April 2**	**April 3**	**April 4**	**April 5**	**April 6**	**April 7**	**April 8**	**TOTAL**
Count time from walk, run, roll, stroll, bike, swim, exercise class etc. 20 minutes = one mile (or track actual mileage)	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise *Idea*: Go for a "color walk" pick a color to search for as you walk (ie: yellow signs, yellow houses, yellow cars, yellow flowers). Set a # goal each walk.	+1	+1	+1	+1	+1	+1	+1	
Nutrition: *Goal:* Eat five servings of fruits and vegetables (1/2 cup = one serving) ***Idea:*** Start with 2 fruits at breakfast daily	+1	+1	+1	+1	+1	+1	+1	
Movement: *Goal:* Move every day! ***Idea:*** Stretch for 20 minutes	+1	+1	+1	+1	+1	+1	+1	
Sleep: *Goal:* Get 8 hours sleep/night ***Idea:*** Reduce or eliminate caffeine intake after 3:00pm	+1	+1	+1	+1	+1	+1	+1	
Hydration: *Goal:* Drink 8 glasses of water ***Idea:*** Calculate ½ of your body weight in ounces. Target to drink that amount daily	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: *Idea*: Try a hobby or activity you have been putting off	+1	+1	+1	+1	+1	+1	+1	
Selfcare: *Idea:* Meditate for 15 minutes	+1	+1	+1	+1	+1	+1	+1	
Education: *Idea:* Attend or watch an Education Day Session or 100 Mile Challenge Weekly Program.	+1	+1	+1	+1	+1	+1	+1	

Log total daily miles online. Total:								
YOUR Wellness YOUR Way SBANT!	**Saturday**	**Sunday**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	
Week 2	**April 9**	**April 10**	**April 11**	**April 12**	**April 13**	**April 14**	**April 15**	**TOTAL**
Count time from walk, run, roll, stroll, bike, swim, exercise class etc. 20 minutes = one mile (or track actual mileage)	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise *Idea*: Try a new-to-you work out video on YouTube or online.	+1	+1	+1	+1	+1	+1	+1	
Nutrition: *Goal:* Eat five servings of fruits and vegetables (1/2 cup = one serving) ***Idea:*** Try a new fruit, vegetable, or recipe each week of the challenge	+1	+1	+1	+1	+1	+1	+1	
Movement: *Goal:* Move every day! ***Idea:*** Clean house/office for 30 minutes	+1	+1	+1	+1	+1	+1	+1	
Sleep: *Goal:* Get 8 hours sleep/night ***Idea:*** Turn off electronics 30 minutes before bed	+1	+1	+1	+1	+1	+1	+1	
Hydration: *Goal:* Drink 8 glasses of water ***Idea:*** Start your day with a full glass of water with a squeeze of fresh lemon	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: *Idea*: Organize a cluttered space	+1	+1	+1	+1	+1	+1	+1	
Selfcare: *Idea:* Talk to a friend or family member about the best part of your day	+1	+1	+1	+1	+1	+1	+1	
Education: *Idea;* Attend or watch an Education Day Session or 100 Mile Challenge Weekly Program.	+1	+1	+1	+1	+1	+1	+1	
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YOUR Wellness YOUR Way SBANT!	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 3	April 16	April 17	April 18	April 19	April 20	April 21	April 22	TOTAL
Count time from walk, run, roll, stroll, bike, swim, exercise class etc. 20 minutes = one mile (or track actual mileage)	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise *Idea*: Focus exercise on a part of your body that you usually don't exercise	+1	+1	+1	+1	+1	+1	+1	
Nutrition: *Goal:* Eat five servings of fruits and vegetables (1/2 cup = one serving) ***Idea:*** Each fresh fruit instead of drinking fruit juice (fruit juice doesn't count!)	+1	+1	+1	+1	+1	+1	+1	
Movement: *Goal:* Move every day! ***Idea:*** Park farther away from building entrances when parking	+1	+1	+1	+1	+1	+1	+1	
Sleep: *Goal:* Get 8 hours sleep/night ***Idea*:** Go to bed and wake up at the same time every day	+1	+1	+1	+1	+1	+1	+1	
Hydration: *Goal:* Drink 8 glasses of water ***Idea:*** Drink a glass of room-temperature water 30 min. before each meal	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: *Idea*: Set timers to give yourself breaks to move at work or home	+1	+1	+1	+1	+1	+1	+1	
Selfcare: *Idea:* Laugh out loud every day! Watch a funny video/TV or laugh at yourself!	+1	+1	+1	+1	+1	+1	+1	
Education: *Idea;* Attend or watch an Education Day Session or 100 Mile Challenge Weekly Program.	+1	+1	+1	+1	+1	+1	+1	

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YOUR Wellness YOUR Way SBANT!	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 4	April 23	April 24	April 25	April 26	April 27	April 28	April 29	TOTAL
Count time from walk, run, roll, stroll, bike, swim, exercise class etc. 20 minutes = one mile (or track actual mileage)	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise *Idea*: Work on core muscles.	+1	+1	+1	+1	+1	+1	+1	
Nutrition: *Goal:* Eat five servings of fruits and vegetables (1/2 cup = one serving) ***Idea:*** Make a smoothie for a meal	+1	+1	+1	+1	+1	+1	+1	
Movement: *Goal:* Move every day! ***Idea:*** Do breathing exercises such as square breathing or alternative nostril breathing. Exercise your lungs.	+1	+1	+1	+1	+1	+1	+1	
Sleep: *Goal:* Get 8 hours sleep/night ***Idea*:** Reduce or eliminate caffeine intake after 3:00pm	+1	+1	+1	+1	+1	+1	+1	
Hydration: *Goal:* Drink 8 glasses of water ***Idea:*** Carry a water bottle with you wherever you go. Don't get thirsty!	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: *Idea*: Give back! It is proven to improve your overall life satisfaction.	+1	+1	+1	+1	+1	+1	+1	
Selfcare: *Idea:* Hold your head high! Focus on posture when you walk, sit, exercise--shoulders back, head straight	+1	+1	+1	+1	+1	+1	+1	
Education: *Idea:* Attend or watch an Education Day Session or 100 Mile Challenge Weekly Program.	+1	+1	+1	+1	+1	+1	+1	

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YOUR Wellness YOUR Way SBANT!	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 5	April 30	May1	May 2	May 3	May 4	May 5	May 6	TOTAL
Count time from walk, run, roll, stroll, bike, swim, exercise class etc. 20 minutes = one mile (or track actual mileage)	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise *Idea*: Do one full hour of exercise that makes you sweat.	+1	+1	+1	+1	+1	+1	+1	
Nutrition: *Goal:* Eat five servings of fruits and vegetables (1/2 cup = one serving) **Idea:** Eat a salad with variety of veg. for a meal. Add beans or lentils for protein.	+1	+1	+1	+1	+1	+1	+1	
Movement: *Goal:* Move every day! ***Idea:*** Move your arms when you walk.	+1	+1	+1	+1	+1	+1	+1	
Sleep: *Goal:* Get 8 hours sleep/night ***Idea*:** Reduce or eliminate caffeine intake after 3 p.m.	+1	+1	+1	+1	+1	+1	+1	
Hydration: *Goal:* Drink 8 glasses of water ***Idea:*** Drink hot, herbal tea after dinner (it counts!)	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: *Idea*: Write a to-do list to stay productive each day	+1	+1	+1	+1	+1	+1	+1	
Selfcare: *Idea:* Utilize an identified coping skill that works for you	+1	+1	+1	+1	+1	+1	+1	
Education: *Idea;* Attend or watch an Education Day Session or 100 Mile Challenge Weekly Program.	+1	+1	+1	+1	+1	+1	+1	

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YOUR Wellness YOUR Way SBANT!	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 6	May 7	May 8	May 9	May 10	May 11	May12	May13	TOTAL
Count time from walk, run, roll, stroll, bike, swim, exercise class etc. 20 minutes = one mile (or track actual mileage)	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise *Idea*: Do all of your exercise outside this week. Try a walk in the woods, a park or near trees!	+1	+1	+1	+1	+1	+1	+1	
Nutrition: *Goal:* Eat five servings of fruits and vegetables (1/2 cup = one serving)!	+1	+1	+1	+1	+1	+1	+1	
Movement: *Goal:* Move every day! ***Idea:*** Use hand weights when moving	+1	+1	+1	+1	+1	+1	+1	
Sleep: *Goal:* Get 8 hours sleep/night ***Idea*:** Keep your bedroom dark – close blinds, no lights	+1	+1	+1	+1	+1	+1	+1	
Hydration: *Goal:* Drink 8 glasses of water ***Idea:*** Reduce or eliminate your caffeine intake (it dehydrates you)	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: *Idea*: Write a gratitude list each evening	+1	+1	+1	+1	+1	+1	+1	
Selfcare: *Idea:* Sing like nobody's listening. Or listen to music that makes you happy. Dancing is ok too!	+1	+1	+1	+1	+1	+1	+1	
Education: *Idea;* Attend or watch an Education Day Session or 100 Mile Challenge Weekly Program.	+1	+1	+1	+1	+1	+1	+1	

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Attend the 100 Mile Celebration on **May 16 at 8 p.m. Eastern Time** Register HERE