



TASK 1

Get 10,000 steps in

TASK 2

Drink half the amount of your body weight (lbs) in water (fl oz)

TASK 3

Decrease screen time throughout the day

TASK 4

Take any group fitness class

TASK 5

Eat lunch with a buddy

TASK 6

Get 8+ hours of sleep

TASK 7

Cardio Day! complete a cardio based workout for the day

TASK 8

Avoid Caffeine and Sugar for the day

TASK 9

Try 5 minutes of guided meditation

TASK 10

Utilize the bikes and go for a bike ride with a buddy

TASK 11

Pack a lunch

TASK 12

Take 5 minute stretching breaks throughout the day

TASK 13

Incorporate resistance bands or weights into your workout for the day

TASK 14

Pair a fruit or veggie with every meal you eat for the day

TASK 15

Take Yoga with a buddy

TASK 16

Take a walk or run on the nature trail

TASK 17

Eat all 3 meals (breakfast, lunch, dinner)

TASK 18

Perform 3 deep breathing exercise breaks for 5 minutes

TASK 19

Lower Body! Target the lower body for your workout for the day

TASK 20

Cook a new recipe for one of your meals

TASK 21

Create a goal sheet for yourself

TASK 22

Take a group exercise class you have not tried before

TASK 23

Add a new vegetable to one of your meals or snacks

TASK 24

Take your workout outside

TASK 25

Join or participate in a sports league

TASK 26

Eat lunch anywhere besides at your desk

TASK 27

Take up a new hobby or activity

TASK 28

Upper Body! complete a workout targeting the upper body

TASK 29

Eat the Rainbow: Eat different colored foods

TASK 30

Utilize a piece of exercise equipment you do not normally use

The goal of this challenge is to help improve overall health and wellness through the implementation of a variety of tasks focusing on fitness, nutrition, and mental health

- Complete **21** out of the **30** tasks and your name will be entered into a drawing to win a prize
- Complete **22-25** tasks and your name will be entered into a drawing to win a prize
- Complete **26-30** tasks and your name will be entered into a drawing to win a prize