

SPRING STAFF WELLNESS CHALLENGE

WEEK 1 (APRIL 9-15): WATER CHALLENGE-DRINK HALF YOUR BODY WEIGHT IN OUNCES DAILY. TIPS: ADD FRUIT, DRINK WITH A STRAW, SET YOUR ALARM ON YOUR PHONE TO KEEP YOU GOING. 1 POINT PER DAY, 7 POINTS POSSIBLE

WEEK 2: (APRIL 16-22): EXERCISE CHALLENGE: 30 MINUTES OF EXERCISE. TIPS: GET YOUR HEART RATE UP, CHALLENGE YOURSELF, TRY SOMETHING NEW. ON APRIL 21ST GET 4 BONUS POINTS IF YOU JOIN ME AS I TEACH INSANITY LIVE HERE AT THE SCHOOL, AT 7AM IN THE GYM. BRING A MAT, WATER AND GET READY FOR SOME FUN!!! 1 POINT PER DAY, 11 POINTS POSSIBLE WITH THE BONUS POINTS FOR INSANITY LIVE

WEEK 3: (APRIL 23-29): JOURNAL ALL FOOD AND BEVERAGES. WRITING DOWN WHAT YOU EAT AND DRINK WILL HELP MAKE YOU MORE AWARE OF DAILY HABITS AND EASY CHANGES YOU CAN MAKE. 2 BONUS POINTS IF YOU SHARE YOUR JOURNAL WITH MYSELF OR A FRIEND. 1 POINT PER DAY, 9 POINTS POSSIBLE FOR SHARING YOUR JOURNAL ADDING IN BONUS POINTS

WEEK 4: (APRIL 30-MAY 6): GIVE UP A HABIT FOR 1 WEEK. POP, JUNK FOOD, BINGE WATCHING TV, SMOKING, DRINKING ALCOHOL, SOMETHING THAT IS AN UNHEALTHY HABIT FOR YOU . 1 POINT PER DAY, 7 POINTS POSSIBLE

WEEK 5 & 6: (MAY 7-MAY 20): DAILY STEP CHALLENGE 10,000 STEPS PER DAY. BONUS CHALLENGE-REGISTER AND RUN OR WALK THE RED BRICK RUN AND RECEIVE 5 BONUS POINTS. 1 POINT PER DAY, 19 POINTS POSSIBLE FOR THE 2 WEEKS WITH THE ADDED BONUS FOR THE RED BRICK RUN. (**IF YOU NEED A PEDOMETER, LET ME KNOW)-YOU KEEP TRACK OF STEPS**

******2 BONUS POINTS FOR DONATING BLOOD IN THE LAST 6 MONTHS******

-WEEK 1: 7 POINTS POSSIBLE

-WEEK 2: 7 POINTS AND 4 BONUS POINTS FOR INSANITY-11 POINTS POSSIBLE

-WEEK 3: 7 POINTS AND 2 BONUS POINTS FOR SHARING JOURNAL-9 POSSIBLE

-WEEK 4: 7 POINTS POSSIBLE

-WEEK 5 & 6: 14 POINTS AND 5 BONUS POINTS FOR RED BRICK RUN

PARTICIPATION-19 POINTS POSSIBLE

-BLOOD DONATION BONUS-2 POINTS

(48 POINTS POSSIBLE WITH ALL BONUS POINTS ADDED IN)

