

WELLNESS WEDNESDAY CHALLENGE DIARY



Thanks for joining us for our Wellness Wednesday! This week we are going to challenge you to participate in a 7-day Wellness Tracking Challenge. We encourage you to do these 6 things each day for the next 7 days and keep a diary of it to help you stay on track!

ACTIVITY	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Get Plenty of Rest. When you wake up, write down how many hours of sleep you had the night before. It is advised that you get at least 6 hours of sleep each night.							
Eat your fruits and veggies. It is recommended that you eat 5 servings of 80 grams of fruits and vegetables each day. One 80g serving is equivalent to a small piece about a size of a tennis ball. 1 serving = 1 cup.							
Drink plenty of water. Recommended water intake: Males: 124 fluid oz. Females: 92 fluid oz.							
Breathe deeply and do it often. Take 3 sessions a day to perform 5 big breathes to increase the oxygen in your lungs. 5 sec inhale, hold for 2 sec, 6 sec exhale							
Perform these 3 exercises every day. 20 Jumping Jacks (Modified if needed), 20 Forward / Backward Arm Circles, 20 Calf Raises, 20 Knee lifts (March in place)							
Have a great attitude and show your gratitude. Write down two things you're thankful for after the end of each day							