

Summer Wellness Challenge



SUNDAY Self-Care	MONDAY Movement	TUESDAY Tip	WEDNESDAY Wellness	THURSDAY Nutrition	FRIDAY Fitness	SATURDAY Social
				1 Buy Good Protein 2pts	2 Make a New Playlist 2pts	3 Call a Friend 2pts
4 Write a Happy List 3pts	5 Sit Less Today 3pts	6 Track Water Drinking 2pts	7 Make a Fitness Bucketlist 2pts	8 More Water Than Tuesday 2pts	9 Download Anytime App 3pts	10 Give 2+ Hugs 2pts
11 Read This 2pts	12 10 Squats Every Hour 3pts	13 Start a Relaxing Habit	14 Prep for Bucketlist Item 2pts	15 Try New Fruit 2pts	16 Anytime App Workout 3pts	17 Walk with Fam or Friends
18 Do Happy List Item 2pts	19 25 J. Jacks Hourly 3pts	20 Disconnect at 8pm 3pts	21 Schedule Fitness Consult	22 Make Healthy Lunch 3pts	23 Try New Cardio Machine 2pts	24 Smile at 2 Strangers 2pts
25 Purchase New Book 2pts	26 Stretch Twice Today 2pts	27 Take 2 Min Laugh Break 2pts	28 Set 2 July Goals 2pts	29 Eat Less at Dinner 2pts	30 Do Restorative Exercises 2pts	

Find more details at blog.anytimefitness.com/90-day-summer-wellness-challenge

= Resource Link

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SUNDAY Self-Care	MONDAY Movement	TUESDAY Tip	WEDNESDAY Wellness	THURSDAY Nutrition	FRIDAY Fitness	SATURDAY Social
						31 Send a Card to Fam 2pts
32 Reflect for 5 Min 2pts	33 Three 10-Min Workouts 3pts	34 Use Water Bottle 2pts	35 Share Goals with Friend 3pts	36 Try New Healthy Grain 2pts	37 Create App Workout 3pts	38 Thank 2 People Today 2pts
39 Prioritize Self Care 2pts	40 10 Push-ups Per Hour 3pts	41 Check Sleep Conditions 2pts	42 Plan Annual Physical 3pts	43 Healthy Lunch Social Pic 3pts	44 10+ Min Yoga 3pts	45 2+ Hrs Family Time 3pts
46 Watch Sunrise or Sunset 2pts	47 Walk When on Phone 3pts	48 Listen to a Podcast 2pts	49 Reduce Worrying 2pts	50 Try New Healthy Breakfast 2pts	51 Do High Five Warm-up 3pts	52 Take Walk with Friend 3pts
53 Donate 5 Things 2pts	54 Sit Less Today 2pts	55 Declutter for 5+ Min 3pts	56 1 Min Breathing Focus 2pts	57 Try New Veggie 2pts	58 Do Full-Body Movements 3pts	59 Spend Time in Nature 2pts
60 Do Happy List Item 2pts						

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	61  Park Far Away 2pts	62  Phone off at Dinner 2pts	63  Write Positive Affirmation 2pts	64  Avoid Sugar Today 3pts	65  Work on Balance 3pts	66  High-Five 10 People 2pts
67  Try 5 Yoga Stretches 3pts	68  Take the Stairs 2pts	69  Go to Bed 30 Min Earlier 2pts	70  Plan Active Rest 2pts	71  Try New Spice 2pts	72  Work Out with a Buddy 3pts	73  Make Chores Fun 2pts
74  Start 1 Life Tip 2pts	75  1 Min Triceps Dip 3x 3pts	76  Water Before Coffee 2pts	77  Share Personal Progress 3pts	78  Toss 1 Junk Food 3pts	79  Foam Roll 5+ Min 3pts	80  Send a Gift Secretly 2pts
81  Get a Massage 3pts	82  Squat While Brushing 2pts	83  Use Rowing Machine 3pts	84  Read This & Prep 2pts	85  Afternoon Citrus Snack 2pts	86  Do HIIT Workout 3pts	87  Active Friend Outing 2pts
88  Healthy Reward for Work 3pts	89  Take a Walk After Dinner 3pts	90  Print New Wellness Calendar 3pts				

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