<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<td>Reset Sunday</td>
<td>Mindful Monday</td>
<td>10 for Tuesday</td>
<td>Wellness Wednesday</td>
<td>Thoughtful Thursday</td>
<td>Flip a Coin Friday</td>
<td>Super Saturday</td>
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| Create a Sunday recharge routine that will get you ready for the upcoming week. | Mindfulness - Pay full attention. Slow down, Notice what you're doing. Focus & Relax. | 10X Jump Rope  
10X Mountain Climbers  
10X Boxing Punches (Each arm)  
10X Step Ups (Each leg)  
Repeat 3 times | Intro to Mindful Movements  
Part 1: The Champion by Carrie Underwood  
National Stress Awareness Day | Put together a jigsaw puzzle. | Flip a Coin  
Heads: Complete 12 flutter kicks  
Tails: Complete a 12 second side plank for each side | Go on a short hike or bike ride with your family. |
| 8                   |                   |                     |                      |                     |                     |                      |
| Disconnect from social media and reconnect with family and friends. | Muscle Relaxation - A strategy to calm the mind by focusing on the body. Squeeze each muscle tight & hold that position. Relax the muscle. Part 1 -  
Part 2 - | 10X Jumping Jacks  
10X Push Ups  
10X Curl Ups  
10X Supermans  
10X Squats (Repeat 2, or 3 times) | Mindful Movements  
Part 2: I AM the Champion Veterans Day | Write a bucket list of 50 things you want to do in your life | World Kindness Day  
Safely and actively help someone in need with a physical chore - yard work, taking the trash out, cleaning the home, etc. Perform acts of kindness for three different people! | Help around the house without being asked to do so. |
| 15                  |                   |                     |                      |                     |                     |                      |
| Technology detox day - no devices for 24 hrs. | Mindful Minute - Pause. Be present. Focus on your breathing & be present in the moment. | National Take a Hike Day  
Go for a hike or take a walk in nature. | Mindful Movements  
Part 3: Spelling out Champion | Find a coloring sheet and take a few minutes to color. | Flip a Coin  
Heads: Perform 8, slow, walking lunges holding a heavy object.  
Tails: Perform 8, slow sumo squats. | Do a 5-minute full body stretch and each stretch for 20 seconds. |
| 22                  |                   |                     |                      |                     |                     |                      |
| Rehydrate by creating Detox Water. | Empowerment - The process of becoming stronger & more confident, especially in controlling one’s life and claiming one’s rights. | 10X Walking Lunges  
10X Squats  
10X Walking Lunges  
10X Squats  
10X Front Kicks (Each leg) | Mindful Movements  
Finally, putting it all together with the music: Let's do this! | Thanksgiving Day  
Give a compliment. It only takes one sentence. | Flip a Coin  
Heads: Tell someone close to you why you are GRATEFUL for them. BONUS- talk it out while running a 5K or while going for a walk. | Create as many balance stunts as you can! |
| 29                  |                   |                     |                      |                     |                     |                      |
| Take time to reset for the week. | Positivity Challenge - The Power of the words we Speak. | National Health Observances  
- National Gratitude Month  
- American Diabetes Month  
- Lung Cancer Awareness Month  
- 4th National Stress Awareness Day  
- 13th World Kindness Day  
- 17th National Take a Hike Day  
- 30th National Personal Space Day |                       |                       |                       |                       |                       |
| 30                  |                   |                     |                      |                     |                     |                      |

SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury.

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