Register at www.100milesforsb.org and select SBAGNE!

Your Wellness, Your Way SBAGNE!	**Saturday**	**Sunday**	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Total**
Week 1	**April 2**	**April 3**	**April 4**	**April 5**	**April 6**	**April 7**	**April 8**	**TOTAL**
	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise: Go for a ~color walk~ pick a color to search for as you walk (Example: yellow signs, yellow houses, yellow cars, yellow flowers)	+1	+1	+1	+1	+1	+1	+1	
Nutrition: Create an account and set your nutrition and exercise goals in MyFitnessPal	+1	+1	+1	+1	+1	+1	+1	
Movement: Stretch for 15 minutes	+1	+1	+1	+1	+1	+1	+1	
Sleep: Reduce or eliminate caffeine intake after 3:00pm	+1	+1	+1	+1	+1	+1	+1	
Hydration: Track your daily water intake in MyFitnessPal	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: Commit to trying a hobby or activity you have been wanting to do	+1	+1	+1	+1	+1	+1	+1	
Selfcare: Meditate for 10 minutes	+1	+1	+1	+1	+1	+1	+1	
TOTAL								
Week 2	**April 9**	**April 10**	**April 11**	**April 12**	**April 13**	**April 14**	**April 15**	**Total**
	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise: Try a workout video on youtube for an exercise you've never done before (kickboxing, yoga, HIIT)	+1	+1	+1	+1	+1	+1	+1	
Nutrition: Track your meals in MyFitnessPal every day	+1	+1	+1	+1	+1	+1	+1	
Movement: Clean for 30 minutes	+1	+1	+1	+1	+1	+1	+1	
Sleep: Turn off electronics 30 minutes before bed	+1	+1	+1	+1	+1	+1	+1	
Hydration: Drink a glass of water at every meal	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: Organize a cluttered space	+1	+1	+1	+1	+1	+1	+1	
Selfcare: Talk to a friend or family member about your day	+1	+1	+1	+1	+1	+1	+1	
TOTAL								

Week 3	April 16	April 17	April 18	April 19	April 20	April 21	April 22	TOTAL
	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise: Work up a sweat doing something active	+1	+1	+1	+1	+1	+1	+1	
Nutrition: Eat fruit or vegetables at every meal	+1	+1	+1	+1	+1	+1	+1	
Movement: Park farther away from entrances in parking lots	+1	+1	+1	+1	+1	+1	+1	
Sleep: Get at least 8 hours of sleep	+1	+1	+1	+1	+1	+1	+1	
Hydration: Carry a water bottle around with you today	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: Make time to do something you love	+1	+1	+1	+1	+1	+1	+1	
Selfcare: Look up a breathing exercise to try such as square breathing or alternate nostril breathing	+1	+1	+1	+1	+1	+1	+1	
TOTAL								

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 4	**April 23**	**April 24**	**April 25**	**April 26**	**April 27**	**April 28**	**April 29**	**TOTAL**
	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise: Workout for 30 minutes	+1	+1	+1	+1	+1	+1	+1	
Nutrition: Make time to eat a filling breakfast	+1	+1	+1	+1	+1	+1	+1	
Movement: Try to sit up straight and improve your posture during meals, in the car or sitting at a desk	+1	+1	+1	+1	+1	+1	+1	
Sleep: Give yourself a designated bed time to ensure 8 hours of sleep	+1	+1	+1	+1	+1	+1	+1	
Hydration: Avoid sugary drinks and alcohol	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: Giving back is proven to improve your overall life satisfaction. Identify a way you can give back	+1	+1	+1	+1	+1	+1	+1	
Selfcare: Utilize an identified coping skill	+1	+1	+1	+1	+1	+1	+1	
TOTAL								
Week 5	**April 30**	**May 1**	**May 2**	**May 3**	**May 4**	**May 5**	**May 6**	**TOTAL**
	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise: Start your day with 20 of a specific exercise such as squats/push ups/knee lifts/arm curls/ jumping jacks	+1	+1	+1	+1	+1	+1	+1	
Nutrition: Prepare a healthy snack for yourself	+1	+1	+1	+1	+1	+1	+1	
Movement: Set timers to give yourself breaks to get up and move around at home or work	+1	+1	+1	+1	+1	+1	+1	

Sleep: Relax for 1 hour before bed (read, listen to music or journal)	+1	+1	+1	+1	+1	+1	+1	
Hydration: Eat foods high in water content (melons, berries, lettuce)	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: Write a gratitude list	+1	+1	+1	+1	+1	+1	+1	
Selfcare: Watch a funny video or tv show	+1	+1	+1	+1	+1	+1	+1	
TOTAL								
Week 6	**May 7**	**May 8**	**May 9**	**May 10**	**May 11**	**May 12**	**May 13**	**TOTAL**
	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise: Be active for 1 hour	+1	+1	+1	+1	+1	+1	+1	
Nutrition: Eat your last meal at least 3 hours before bed	+1	+1	+1	+1	+1	+1	+1	
Movement: Take a longer route in your house, a store, office	+1	+1	+1	+1	+1	+1	+1	
Sleep: Go to bed and wake up at the same time each day	+1	+1	+1	+1	+1	+1	+1	
Hydration: Drink a glass of water when you wake up	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: Write a to-do list to stay productive today	+1	+1	+1	+1	+1	+1	+1	
Selfcare: Listen to your favorite song	+1	+1	+1	+1	+1	+1	+1	
TOTAL								