



MIND + BODY + SOUL

TRIPLE THREAT WELLNESS CHALLENGE

WEEK TWO SCORECARD: Fuel Your Body

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|--|-------|-------|-------|-------|-------|-------|-------|
| Enjoy 15 to 20 minutes of yoga. 5pts | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| Wind down intentionally at the end of the day. 5 pts | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| Up your veggie intake with a meatless meal. 10 pts | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| Nourish your body with a healthy, balanced meal. 10 pts | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| Follow the 1-hour disconnect rule. 10 pts | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| Do at least 20 minutes of physical activity. 15 pts | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| Set time aside to relax. 15 pts | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| DAILY TOTALS | _____ | _____ | _____ | _____ | _____ | _____ | _____ |

BONUS!

Tell us what motivates you to fuel your body with what it needs.

+20 pts _____