



MIND + BODY + SOUL

# TRIPLE THREAT WELLNESS CHALLENGE

## WEEK TWO SCORECARD: Fuel Your Body

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

**BONUS!**

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

+20 pts \_\_\_\_\_