



MIND + BODY + SOUL

TRIPLE THREAT WELLNESS CHALLENGE

WEEK ONE SCORECARD: Mend Your Mindset

	MON	TUE	WED	THU	FRI	SAT	SUN
Do 20-minutes of movement outside. 5pts	_____	_____	_____	_____	_____	_____	_____
Commit to single-tasking. 5 pts	_____	_____	_____	_____	_____	_____	_____
Eat your meals screen-free today. 10 pts	_____	_____	_____	_____	_____	_____	_____
Spend 15 minutes decluttering. 10 pts	_____	_____	_____	_____	_____	_____	_____
Enjoy a day with no social media. 10 pts	_____	_____	_____	_____	_____	_____	_____
Schedule 15 minutes of worry time. 15 pts	_____	_____	_____	_____	_____	_____	_____
Do something to help you de-stress. 15 pts	_____	_____	_____	_____	_____	_____	_____
DAILY TOTALS	_____	_____	_____	_____	_____	_____	_____

BONUS!

Share a resource that fosters self-care and a healthy mindset.

+20 pts _____