1. Rocky Themed Workout: 1 min jump rope, 50 punches, 20 crunches - Repeat X5
2. 1 - minute meditation - Breathe in through your nose and breathe out through your mouth X 5
3. Get outside and breathe in the fresh air (weather permitting)
4. Drink 8 cups of water
5. Try to have a balanced plate for every meal of the day
6. Get a full 8 hours of sleep tonight!
7. Tidy up your space! prep your space for the following week and feel refreshed!
8. Forest Gump Cardio Workout: Run for 3 mins, walk for three mins - Repeat X5
9. Mindfulness: Choose 3 for the challenge: meditate, spend time in nature, practice gratitude, read more
10. Eat at home today (if you usually get take out, try making that dish yourself)
11. NO SODA OR POP try to eliminate all carbonated drinks from your diet today
12. Soup for the soul! Make your favorite soup recipe to warm up from the cold
13. Create a night routine that will get you ready for bed
14. Spa Night: have a hot bath, exfoliate, moisturize, play your favorite music
15. Hercules Themed Workout: 10 squats, 10 pushups, 10 lunges, 10 tricep dips - Repeat X 3
16. Journal Session: answer the following prompt: what does your perfect day look like? How can you make tomorrow better? What are 10 favorite things about yourself and why?
17. Positive Vibes only! - try to only find the positives today and block out negativity
18. No caffeine today! Try to go the whole day without any coffee or other caffeinated drinks
19. Spud City! Try some delicious roasted lemon potatoes! Find any recipe online and become your own five star chef
20. Digital Detox: no social media before noon, turn off notifications, eat meals without your phone, and no electronics for 2 hours before bed
21. Get Creative! - Try a new craft, do a puzzle, make art
22. Cool Runnings Themed Workout: GET OUTSIDE, for 10 bench jumps, 20 split squats, 20 mountain climbers - Repeat X 3
23. 10 minute reset: set a timer for 10 minutes, put down a yoga mat or blanket, listen to soothing music/guided meditation/ or nothing at all, give yourself 10 minutes of undivided attention with no expectations - Enjoy the rest of your day!
24. Sweat it out! Try any workout available through the UofR or your favorite activity that gets your heart rate going!
25. Add fruit to your water to add some flavor!
26. Treat Yourself! Make some edible cookie dough or any dessert that you like! (recipe provided in the upcoming story)
27. Bed time yoga: hold each pose for 20 seconds: child's pose, upward facing dog, butterfly, supine spinal twist, and corpse pose - Have a great night sleep!
28. Get Some Rest: have some you time, decompress, read a book
29. Footloose Themed Workout: Learn a dance from one of the many dancing scenes
30. Gratitude: find 10 things to be grateful for today
31. Enjoy the day! Do your favorite things and listen to your favorite music, eat your favorite food... do what you enjoy!