



- 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!**