<table>
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<th>Week</th>
<th>Challenges</th>
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| **Week 1** 11.21 – 11.27 | - Try walking as if you are already late to your destination.  
- Set an alarm to go off every 60 minutes and move around for 5 minutes.  
- Enjoy 30 minutes outdoors for at least 3 days this week.  
- Reduce your salt intake for a week (read labels and opt for less).  
- Check your blood pressure and determine your healthy range. |
| **Week 2** 11.28 - 12.4 | - Try a yoga class on line or in person at the AWC.  
- Write a handwritten note to a friend you haven’t talked to in a while.  
- Drink 2 more bottles of water than you normally do.  
- Go for a short 10-15 minute walk after dinner.  
- Deep clean your fridge or food storage area. Remove expired items, and sanitize the space. |
| **Week 3** 12.05 - 12.11 | - Try a new exercise movement you have not done before.  
- Spend an entire day being nothing but positive.  
- Cut out added sugars in your food for a week.  
- Complete 10,000 steps each day for a week.  
- Listen to a calming playlist for at least 30 minutes. Be still. |
| **Week 4** 12.12 - 12.18 | - Have a social media detox day.  
- Spend time upgrading your personal hygiene routine.  
- Plan all of your meals for one week. Prep where you can.  
- Eat smaller portion sizes than you normally do for a week.  
- Replace your snack food with a healthy fruit option. |
| **Week 5** 12.21 - 12.25 | - Try meditating for 30 minutes.  
- Try a new strength exercise for your lower or upper back.  
- Treat yourself for a day. Buy something new!  
- Stand up and do 10 squats every hour while at work or home.  
- Give out hugs this week. Hug a friend for no reason. |
| **Week 6** 12.26 - 01.01 | - Try 5 minutes of stretching when you wake up.  
- Deep clean an area of your home. Remove unused items.  
- Drink a full glass of water immediately after waking up.  
- Go to bed 30 minutes before you normally do. Each day this week.  
- Write down three things your are grateful for each day this week. |
| **Week 7** 01.02 - 01.08 | - Schedule a checkup visit with your doctor. Be proactive.  
- Listen to a podcast on a subject you don’t know about.  
- Add a random act of kindness into each day this week.  
- Set a new personal record for an exercise this week.  
- Try something you are afraid of this week. |
| **Week 8** 01.09 - 01.15 | - Do not use electronics one hour before bed.  
- Add a daily vitamin to your morning routine.  
- If possible, remove something negative from your life.  
- Take a mid afternoon nap.  
- Try using all of the available resources at the Earlham College Athletics and Wellness Center. |

*Please submit this tracker weekly. Link submission will be sent in weekly emails.

Each of the weekly challenges will cover different aspects of health such as activity, maintenance, diet, metabolism, mindfulness, etc.

More info: [www.Earlham.edu/Wellness](http://www.Earlham.edu/Wellness)