



# *healthy may every day*

## CHALLENGE

hit daily goals for your mind, movement, nutrition, and sleep  
and earn 4 points daily for your health and well-being.



## *mind*

Spend at least 2 minutes daily mediating, concentrating on your breathe, or reading a book.

**tip:** use an app such as headspace

## *nutrition*

80% of the day, eat meat and vegetables, nuts and seeds, some fruit, little starch and no excess sugar.

**tip:** cook for yourself as much as possible

## *movement*

Move for at least 30 minutes per day. This could be your Aspire WOD, a long walk, or yoga session.

**tip:** accumulate little bits throughout busy days

## *sleep*

Sleep for 7 hours a night and create a bedtime routine of no TV or phone for atleast 30 minutes prior to sleep.

**tip:** set a time to go to sleep at daily



daily, give yourself one point for hitting each of the goals for our mind, movement, nutrition, and sleep (up to 4 pts daily).

# MAY 2020

S	M	T	W	TH	F	S
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						





# reflection

*week 1:* total points: \_\_\_\_\_ (max=8)  
how i can improve: \_\_\_\_\_

*week 2:* total points: \_\_\_\_\_ (max=28)  
how i can improve: \_\_\_\_\_

*week 3:* total points: \_\_\_\_\_ (max=28)  
how i can improve: \_\_\_\_\_

*week 4:* total points: \_\_\_\_\_ (max=28)  
how i can improve: \_\_\_\_\_

*week 5:* total points: \_\_\_\_\_ (max=28)  
how i can improve: \_\_\_\_\_

*may* total points: \_\_\_\_\_ (max=124)  
what i've learned: \_\_\_\_\_