



RESET



Begin your journey of finding 150 minutes a week to be active and RESET our lives!

Goal	Monday	Tuesday	Wednesday
	Monday - WOD 30 seconds each - squats, lunges, pushups, dips, jumping jacks, mountain climbers, plank. Repeat 2-4x with one minute rest in between circuits	20-30 minute run/walk - interval training	On-Demand: Strength Training with Courtney stronglife.org/on-demand
Thursday	Friday	Saturday	Sunday
LIVE Virtual Barre 10:00am stronglife.org/live-fitness	WOD 30 min walk	Band Together Workout - Total Body Band	20 minutes meditation/ mindfulness





REFRESH

Add to our fitness goals with one weekend of clean eating.



Goal	Sunday	Monday	Tuesday
Wednesday	Thursday	Friday	Saturday





RECONNECT



Visit or Zoom a loved one you haven't seen in a while. Connect with your accountability buddy.

Goal	Sunday	Monday	Tuesday
Wednesday	Thursday	Friday	Saturday





REPLAY

Find ways to fit fun into your week along with other goals.



Goal	Sunday	Monday	Tuesday
Wednesday	Thursday	Friday	Saturday





REINVEST



Find a way to give of talents, treasures or time to improve your community.

Goal	Sunday	Monday	Tuesday
Wednesday	Thursday	Friday	Saturday





RESTORE



Congrats, you finished the Reset Challenge. Keep up with your new habits!

Goal	Sunday	Monday	Tuesday
Wednesday	Thursday	Friday	Saturday

