



DIVE INTO YOUR HEALTHIEST SEASON EVER—join our Summer of Wellness Challenge, June 6-July 31. To develop and reinforce healthy habits for total well-being, complete weekly exercise goals along with mini-nutrition, sleep habits and gratitude challenges with an opportunity to reflect on your activities.

Turn in your tracker to Devan Martinez by Friday, August 5, to earn a prize: CQ@cooperfitnesscenter.com

NAME

EMAIL

- 1 Complete 6 of 8 weekly exercise goals—150 minutes or 325 Myzone® Effort Points (MEPs)—plus the well-being goals (sleep, nutrition, etc.).
- 2 Complete 6 of 8 one-time activities.

The weekly goals and one-time activities can be completed in any order.

WEEKLY GOALS | Complete the exercise and well-being goals for 6 of 8 weeks.

EXERCISE: 150 minutes or 325 MEPs **WELL-BEING:** Record the number of hours you sleep each night.

WEEK _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (min/MEPs)								
SLEEP (hours)								

REFLECTION On average, how many hours of sleep did you get per day this week? _____

EXERCISE: 150 minutes or 325 MEPs **WELL-BEING:** Go to bed 30 minutes earlier than your regular bedtime each night.

WEEK _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (min/MEPs)								
EARLIER BEDTIME	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	

REFLECTION How many days this week did you go to bed 30 minutes earlier? _____

EXERCISE: 150 minutes or 325 MEPs **WELL-BEING:** Record how you feel in the morning and evening.

WEEK _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (min/MEPs)								

On a scale of 1-5 (1 = well rested and 5 = exhausted), how do you feel in the:

MORNING							
EVENING							

REFLECTION Name one key takeaway you can use to feel more well rested: _____



EXERCISE: 150 minutes or 325 MEPs **WELL-BEING:** Record the servings of fruits and vegetables consumed each day.

WEEK _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (min/MEPs)								
FRUITS & VEGGIES								

REFLECTION On average, how many fruits and vegetables did you eat per day this week? _____

EXERCISE: 150 minutes or 325 MEPs **WELL-BEING:** Eat 4-5 servings of fruits and vegetables each day.

WEEK _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (min/MEPs)								
FRUITS & VEGGIES	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	

REFLECTION How did you reach your goal of 4-5 per day? _____

EXERCISE: 150 minutes or 325 MEPs **WELL-BEING:** Plan your meals each day.

WEEK _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (min/MEPs)								
MEALS PLANNED	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	

REFLECTION What meal did you enjoy the most? _____

EXERCISE: 150 minutes or 325 MEPs **WELL-BEING:** Record the number of ounces of water your drink each day.

WEEK _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (min/MEPs)								
WATER (ounces)								

REFLECTION On average, how many ounces of water did you drink per day this week? _____

EXERCISE: 150 minutes or 325 MEPs **WELL-BEING:** In one word, write down something you are grateful for each day.

WEEK _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
EXERCISE (min/MEPs)								
GRATEFUL FOR								

ONE-TIME ACTIVITIES | Complete 6 of 8

- Try a new group exercise class: _____
CLASS NAME
- Organize a space (office, closet, etc.): _____
SPACE ORGANIZED
- Do something you've been putting off: _____
ACTIVITY
- Spend time outside: _____
ACTIVITY
- Spend quality time with a friend or family member: _____
FAMILY MEMBER OR FRIEND'S NAME
- Try a new recipe : _____
RECIPE NAME
- Do something you love : _____
ACTIVITY
- Set a goal for the summer: _____
GOAL