



20 Minute Wellness Challenge!

What is this?

- This is a wellness plan that supplies users with:
 - ◆ workout ideas.
 - ◆ ways to build healthy habits.
 - ◆ accountability and community.
- The plan provides 20-minute workouts for each day from Week 2 to Week 9 of Fall Term 2020 (September 21 - November 15).
- The more you participate, the more “points” you will earn.
- The participant with the most points each week will get a prize from the Recreation Center.

How does it work?

- Keep this Google document somewhere you can easily access it.
- Each week’s workouts will be added to this document the Sunday prior.
- Keep track of how much you accomplish!

How do I earn points?

- Earn 5 points for every completed workout (up to 1 per day).
- Earn 1 point for every completed healthy habit (up to 2 per day).
- Earn bonus points as opportunities arise (these will be posted on the workout calendars for each week).
- Tally your points each week, and use this [Google Form](#) to submit your total by Sunday at midnight at the end of each week. Winners will be notified via email.

Questions?

- Contact Anna Grove (grovea@carleton.edu), Michael Berler (berlerm@carleton.edu), or Jenna Kuhlman (jenna12believe@gmail.com) with any questions or comments.
- At any time, leave anonymous feedback with this [feedback form](#).

Week 2 Workouts:

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Strength: 20 Squats 15 Pushups 20 Reverse lunges (each leg) 30 Shoulder taps in high plank 1 min hold arms out 1 min hold arms up 15 sit ups REPEAT (20 minutes total)	Cardio: <u>20 minute bodyweight tabata cardio</u>	Active Recovery: [insert stretching video here] <u>8 minute ab workout</u>	Strength: 20 Forward lunges (each leg) 40 Punches across body 40 Mountain climbers 20 Glute bridges 20 Tricep dips 15 Leg drops 1 min low plank REPEAT (20 minutes total)	Cardio: <u>20 minute cardio workout</u>	Walk/Jog: Go for a 20-minute walk, jog, bike ride, or other activity	Active Recovery: Spend at least 20 minutes outside! Remember to enter your week's points on the Google Form .
Healthy Habit	Daily mindfulness	Daily mindfulness	Daily mindfulness	Daily mindfulness	Daily mindfulness	Daily mindfulness	Daily mindfulness

*Tip: Feel free to rearrange your workouts! For example, if Saturday's weather is rainy, move your walk/jog to Sunday and do active recovery indoors on Saturday.

Week 2 Healthy Habits:

Take 5 minutes for yourself: Whether taking five minutes to journal, breathe, stretch, or go on a walk, put aside time in your day to reflect and remove yourself from the stressors of your life.

Practice eating mindfully and slowly: When eating, slow down, take a moment and enjoy the food. Eating fast leads to overeating, consumption of unhealthy foods and is not healthy. This week, when you eat, practice eating slowly. If you're eating in, take at least 5-10min between plates. If using the green to go plates, make sure you take at least 20min to finish and pause between sections. If you feel like you take each bite too quickly, chew the bite 20 times before swallowing. This habit is a central part of eating healthy, no matter what foods you're eating.

Week 2 Extra Points:

- +1 each day you get 7 or more hours of sleep
- +1 each day you do not sit for more than 2 hours in a row
- +1 each day you eat breakfast
- +1 each day you go outside for 20 minutes or more