

September

2022



B	I	N	G	O
Declutter one space (i.e., desk, car, kitchen counter, etc.).	Turn off all screens at least 1 hour before going to bed.	3 sets of Wall Squats, Hold for 45 seconds each.	Drink your body weight in ounces of water.	Practice deep breathing 3 times in one day by taking 5 deep breaths.
Tell a colleague something you appreciate about them	Write down 3 things that went well at the end of 3 days this week.	Accumulate 100 total reps of body-weight exercises. Choose from the following: squats, sit-ups, push-ups, lunges, planks, superman, glute bridge. Modify exercises as needed.	Have fresh fruit for a snack today.	Visit a park or green space in your area. Spend 30 minutes outside at this space.
Accumulate 100 total reps of cardio exercises. Choose from the following: mountain climbers, jumping jacks, standing jack, step-up knee raises, burpees, standing long jump. Modify exercises as needed.	Upper body day! Complete 3 sets of 8-10 reps each from the following exercises: tricep dips, arm circles, boxing jabs, push-ups.	Free Space	Pick up 10 pieces of trash around your school, home, and community	Have a salad 1 day in the week.
Practice mindful eating and unplug from electronics for every meal in 1 day	Eat 3 servings of greens (i.e., spinach, kale, arugula, etc.)	Write down one thing you are grateful for each day for 7 days.	Fresh Air Mile Challenge: Walk, jog, or run one mile in the fresh air 3 days this week.	Move your body during a time when you would normally be sedentary (i.e., swap a TV show for a workout, have a walking meeting, etc.)
Take a 24-hour break from all social media.	Reflect on your week and journal for 15 minutes. What would you do differently? What went well?	Stretch for 10 minutes	Read a book or short story for fun. Reflect on what you read – what was a key takeaway from what you read?	Dance to your favorite song while getting ready for work. What was the song?