

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	<p>Welcome to month two! August has a focus on Environmental Wellness which inspires us to live a lifestyle that is respectful of our surroundings, to live in harmony with the Earth by taking action to protect it. Track which activities you complete throughout the week and submit them by Tuesday each week. You earn 1 point for each activity you complete and 1 bonus point for any day you complete all 3!</p>			<input type="checkbox"/> Act 1: set goal of using reusable bags at the grocery store all month <input type="checkbox"/> Act 2: recycle your plastic grocery bags <input type="checkbox"/> Act 3: clip coupons	<input type="checkbox"/> Act 1: Take 5 Min or less Showers <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: nothing but water after 8pm	<input type="checkbox"/> Act 1: meal plan for the coming week <input type="checkbox"/> Act 2: eliminate single-use items this weekend <input type="checkbox"/> Act 3: unplug unused electronics	<input type="checkbox"/> Act 1: eat 3 servings of veggies <input type="checkbox"/> Act 2: share how you met Corn Fed Spartans on team's FB page <input type="checkbox"/> Act 3: share a joke
WEEK 6	<input type="checkbox"/> Act 1: drink 64+ oz of water <input type="checkbox"/> Act 2: no sweet treats today <input type="checkbox"/> Act 3: International Friendship Day: check-in with a friend	<input type="checkbox"/> Act 1: exercise for 30 minutes <input type="checkbox"/> Act 2: submit your points for last week here <input type="checkbox"/> Act 3: stretch for 5 minutes at least 5 times today	<input type="checkbox"/> Act 1: repeat your favorite Wellness activity <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: drink 64+ oz of water	<input type="checkbox"/> Act 1: eat 3 servings of veggies <input type="checkbox"/> Act 2: perform a random act of kindness <input type="checkbox"/> Act 3: exercise for 30 minutes	<input type="checkbox"/> Act 1: get at least 7 hours of sleep <input type="checkbox"/> Act 2: National Book Lovers Day: read a book for 60 minutes <input type="checkbox"/> Act 3: tag a teammate that inspires you	<input type="checkbox"/> Act 1: meal plan for the coming week <input type="checkbox"/> Act 2: 4 extra points for a video of you doing burpees <input type="checkbox"/> Act 3: drink 64+ oz of water	<input type="checkbox"/> Act 1: no TV today (no Netflix either 😊) <input type="checkbox"/> Act 2: spend 10 minutes journaling <input type="checkbox"/> Act 3: share a healthy recipe for the team's website
WEEK 7	<input type="checkbox"/> Act 1: exercise for 30 minutes <input type="checkbox"/> Act 2: eat 3 servings of veggies <input type="checkbox"/> Act 3: go to bed 15 mins early	<input type="checkbox"/> Act 1: get at least 7 hours of sleep <input type="checkbox"/> Act 2: drink 64+ oz of water <input type="checkbox"/> Act 3: submit your points for last week here	<input type="checkbox"/> Act 1: exercise for 30mins <input type="checkbox"/> Act 2: post your sweaty selfie from today's workout <input type="checkbox"/> Act 3: pack a healthy lunch and snacks	<input type="checkbox"/> Act 1: 64+ oz of water <input type="checkbox"/> Act 2: clean your bedroom to make it more peaceful <input type="checkbox"/> Act 3: spend 30 mins outside	<input type="checkbox"/> Act 1: share on team's FB page your next race <input type="checkbox"/> Act 2: no sweet treats today <input type="checkbox"/> Act 3: exercise for 30 minutes	<input type="checkbox"/> Act 1: share on FB what or how you recycle/reuse <input type="checkbox"/> Act 2: send encouragement to your accountability partner <input type="checkbox"/> Act 3: 3 servs. of veggies	<input type="checkbox"/> Act 1: click here and read to find ways to conserve water <input type="checkbox"/> Act 2: drink 64+ oz of water <input type="checkbox"/> Act 3: drink an extra 8oz of water
WEEK 8	<input type="checkbox"/> Act 1: look up ways to volunteer to clean up in your community <input type="checkbox"/> Act 2: get at least 7 hours of sleep <input type="checkbox"/> Act 3: drink 64+ oz of water	<input type="checkbox"/> Act 1: submit your points for last week here <input type="checkbox"/> Act 2: World Mosquito Day. Take a moment to read about the 3 D's . <input type="checkbox"/> Act 3: find a nearby farmer's market	<input type="checkbox"/> Act 1: air-dry a load of laundry <input type="checkbox"/> Act 2: stretch for 5 minutes at least 5 times today <input type="checkbox"/> Act 3: post on team FB page ways to minimize plastic in your life	<input type="checkbox"/> Act 1: nothing but water after 8 pm <input type="checkbox"/> Act 2: check on your accountability partner <input type="checkbox"/> Act 3: exercise for 30 minutes	<input type="checkbox"/> Act 1: eat 3 servings of veggies <input type="checkbox"/> Act 2: drink 64+ oz of water <input type="checkbox"/> Act 3: E-mail Cleanse: unsubscribe or cancel junk e-mail	<input type="checkbox"/> Act 1: donate/recycle unused items <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: drink 64+ oz of water	<input type="checkbox"/> Act 1: clean/organize your pantry/kitchen <input type="checkbox"/> Act 2: go to bed 15 mins early <input type="checkbox"/> Act 3: exercise for 30 minutes
WEEK	<input type="checkbox"/> Act 1: meatless Monday <input type="checkbox"/> Act 2: drink 64+ oz of water <input type="checkbox"/> Act 3: meditate on the positives today	<input type="checkbox"/> Act 1: submit your points for last week here <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: eat 3 servings of veggies	<input type="checkbox"/> Act 1: spend 30 minutes outside <input type="checkbox"/> Act 2: no TV today (no Netflix either 😊) <input type="checkbox"/> Act 3: exercise 30 mins	<input type="checkbox"/> Act 1: post a planking pic on the team's FB page <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: workout with a friend	<input type="checkbox"/> Act 1: social exercise – walk with a friend, workout class, etc. <input type="checkbox"/> Act 2: post an inspirational quote on the team's FB <input type="checkbox"/> Act 3: drink 64+ oz of water	<input type="checkbox"/> Act 1: no Facebook for Saturday & Sunday <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: drink 64+ oz of water	