

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
WEEK 1	<input type="checkbox"/> Act 1: exercise for 30 minutes <input type="checkbox"/> Act 2: read for 15 minutes <input type="checkbox"/> Act 3: find (or check in with) an accountability partner <div style="text-align: right;">1</div>	<input type="checkbox"/> Act 1: drink 64+ oz of water <input type="checkbox"/> Act 2: nothing but water after 8pm <input type="checkbox"/> Act 3: pack a lunch and healthy snacks <div style="text-align: right;">2</div>	<input type="checkbox"/> Act 1: eat 3 servings of veggies <input type="checkbox"/> Act 2: introduce yourself to someone new <input type="checkbox"/> Act 3: find a new healthy recipe <div style="text-align: right;">3</div>	<input type="checkbox"/> Act 1: perform a random act of kindness <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: celebrate Independence Day with family or friends <div style="text-align: right;">4</div>	<input type="checkbox"/> Act 1: exercise for 30 minutes <input type="checkbox"/> Act 2: drink 64+ oz of water <input type="checkbox"/> Act 3: hand write and mail a note to family or a friend <div style="text-align: right;">5</div>	<input type="checkbox"/> Act 1: spend 10 minutes journaling <input type="checkbox"/> Act 2: plan your meals for next week <input type="checkbox"/> Act 3: drink 64+ oz of water <div style="text-align: right;">6</div>	<input type="checkbox"/> Act 1: drink 64+ oz of water <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: pray, meditate, or try a calm breathing technique <div style="text-align: right;">7</div>		
WEEK 2	<input type="checkbox"/> Act 1: share a healthy snack with family or a friend <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: drink 64+ oz of water <div style="text-align: right;">8</div>	<input type="checkbox"/> Act 1: think of ways you can volunteer in your community <input type="checkbox"/> Act 2: submit your points for last week here <input type="checkbox"/> Act 3: exercise for 30 minutes <div style="text-align: right;">9</div>	<input type="checkbox"/> Act 1: exercise for 30 minutes <input type="checkbox"/> Act 2: invite someone to join the challenge <input type="checkbox"/> Act 3: share a healthy recipe on the team's website <div style="text-align: right;">10</div>	<input type="checkbox"/> Act 1: drink 64+ oz of water <input type="checkbox"/> Act 2: get at least 7 hours of sleep <input type="checkbox"/> Act 3: share on team's FB page something you are grateful for <div style="text-align: right;">11</div>	<input type="checkbox"/> Act 1: lose 2 points by checking this box (☺) <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: stretch for 5 minutes at least 5 times today <div style="text-align: right;">12</div>	<input type="checkbox"/> Act 1: social exercise – walk with a friend, workout class, etc. <input type="checkbox"/> Act 2: donate/recycle unused items <input type="checkbox"/> Act 3: plan your meals for next week <div style="text-align: right;">13</div>	<input type="checkbox"/> Act 1: spend 10 minutes journaling <input type="checkbox"/> Act 2: call (NOT text) someone you haven't spoken to recently <input type="checkbox"/> Act 3: drink 64+ oz of water <div style="text-align: right;">14</div>		
WEEK 3	<input type="checkbox"/> Act 1: drink 64+ oz of water <input type="checkbox"/> Act 2: try a new healthy recipe <input type="checkbox"/> Act 3: get at least 7 hours of sleep <div style="text-align: right;">15</div>	<input type="checkbox"/> Act 1: exercise for 30 minutes <input type="checkbox"/> Act 2: perform a random act of kindness <input type="checkbox"/> Act 3: submit your points for last week here <div style="text-align: right;">16</div>	<input type="checkbox"/> Act 1: try a new fruit or veggie <input type="checkbox"/> Act 2: Share a laugh <input type="checkbox"/> Act 3: suggest a book to your accountability partner <div style="text-align: right;">17</div>	<input type="checkbox"/> Act 1: read for 15 minutes <input type="checkbox"/> Act 2: nothing but water after 8 pm <input type="checkbox"/> Act 3: eat 3 servings of veggies <div style="text-align: right;">18</div>	<input type="checkbox"/> Act 1: drink 64+ oz of water <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: pack a lunch and healthy snacks <div style="text-align: right;">19</div>	<input type="checkbox"/> Act 1: drink 64+ oz of water <input type="checkbox"/> Act 2: Find a new recipe to try <input type="checkbox"/> Act 3: give someone a compliment today <div style="text-align: right;">20</div>	<input type="checkbox"/> Act 1: exercise for 30 minutes <input type="checkbox"/> Act 2: no sweet treats today <input type="checkbox"/> Act 3: get at least 7 hours of sleep <div style="text-align: right;">21</div>		
WEEK 4	<input type="checkbox"/> Act 1: exercise for 30 minutes <input type="checkbox"/> Act 2: drink 64+ oz of water <input type="checkbox"/> Act 3: practice guided meditation <div style="text-align: right;">22</div>	<input type="checkbox"/> Act 1: share on team's FB page your next race <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: read for 15 minutes <div style="text-align: right;">23</div>	<input type="checkbox"/> Act 1: share a healthy snack at work <input type="checkbox"/> Act 2: practice active listening <input type="checkbox"/> Act 3: nothing but water after 8 pm <div style="text-align: right;">24</div>	<input type="checkbox"/> Act 1: check on your accountability partner <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: perform a random act of kindness <div style="text-align: right;">25</div>	<input type="checkbox"/> Act 1: spend 30 mins outside <input type="checkbox"/> Act 2: eat 3 servings of veggies <input type="checkbox"/> Act 3: drink 64+ oz of water <div style="text-align: right;">26</div>	<input type="checkbox"/> Act 1: read for 15 minutes <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: drink 64+ oz of water <div style="text-align: right;">27</div>	<input type="checkbox"/> Act 1: technology cleanse – no screen time <input type="checkbox"/> Act 2: clean/organize a space <input type="checkbox"/> Act 3: exercise for 30 minutes <div style="text-align: right;">28</div>		
WEEK 4	<input type="checkbox"/> Act 1: no sweet treats today <input type="checkbox"/> Act 2: drink 64+ oz of water <input type="checkbox"/> Act 3: perform a random act of kindness <div style="text-align: right;">29</div>	<input type="checkbox"/> Act 1: eat 3 servings of veggies <input type="checkbox"/> Act 2: spend 10 minutes journaling <input type="checkbox"/> Act 3: exercise for 30 minutes <div style="text-align: right;">30</div>	<input type="checkbox"/> Act 1: check in with your accountability partner <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: invited someone to join the challenge <div style="text-align: right;">31</div>					<p>Thank you for signing up for Corn Fed Spartans' 2019 Summer Daze Challenge! This calendar shows the daily challenge activities for July. July has a focus on Social Wellness, which is all about our relationships and how we interact with others. 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>	