

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	 <p>Welcome to September, the last month of Summer Daze! This month we have a focus on Intellectual Wellness. It's important to gain and maintain intellectual wellness because it expands knowledge and skills in order to live a stimulating, successful life. You can develop intellectual wellness through academic pursuits, but also through cultural, artistic or skill-based learning. 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: read for 15 mins <input type="checkbox"/> Act 2: clip coupons <input type="checkbox"/> Act 3: plan your meals for next week
WEEK 10	<input type="checkbox"/> Act 1: exercise 30 mins <input type="checkbox"/> Act 2: 64+ oz of water <input type="checkbox"/> Act 3: no eating after 8pm	<input type="checkbox"/> Act 1: 64+ oz of water <input type="checkbox"/> Act 2: submit your points for last week here <input type="checkbox"/> Act 3: pack a lunch and healthy snacks	<input type="checkbox"/> Act 1: share your craft/hobby on team's FB page (not running related) <input type="checkbox"/> Act 2: perform a random act of kindness <input type="checkbox"/> Act 3: exercise 30 mins	<input type="checkbox"/> Act 1: try a new fruit or veggie <input type="checkbox"/> Act 2: take time to relax/meditate today <input type="checkbox"/> Act 3: no sweet treats today	<input type="checkbox"/> Act 1: find a new recipe to try <input type="checkbox"/> Act 2: 64+ oz of water <input type="checkbox"/> Act 3: National Read a Book Day- read 60 mins	<input type="checkbox"/> Act 1: plan your meals for next week <input type="checkbox"/> Act 2: exercise 30 mins <input type="checkbox"/> Act 3: do a puzzle (jigsaw, sudoku, crossword, etc.)	<input type="checkbox"/> Act 1: visit #AAS365 . Read and then click learn more <input type="checkbox"/> Act 2: no TV today (no Netflix either 😊) <input type="checkbox"/> Act 3: no eating after 8p
WEEK 11	<input type="checkbox"/> Act 1: Pick a place on the globe & share a fact on FB that you learned about it <input type="checkbox"/> Act 2: check in with an accountability partner <input type="checkbox"/> Act 3: get 7hrs sleep	<input type="checkbox"/> Act 1: exercise for 30 minutes <input type="checkbox"/> Act 2: no eating after 8p <input type="checkbox"/> Act 3: submit your points for last week here	<input type="checkbox"/> Act 1: exercise for 30 minutes <input type="checkbox"/> Act 2: solve 2 riddles on Corn Fed Brain Food . Send your answers through the Contact Us form <input type="checkbox"/> Act 3: try a new healthy recipe	<input type="checkbox"/> Act 1: 64+ oz of water <input type="checkbox"/> Act 2: take 5 mins to stretch 5 times today <input type="checkbox"/> Act 3: pack a lunch and healthy snacks	<input type="checkbox"/> Act 1: 64+ oz of water <input type="checkbox"/> Act 2: try a calm breathing technique <input type="checkbox"/> Act 3: no TV today (no Netflix either 😊)	<input type="checkbox"/> Act 1: drink 64+ oz of water <input type="checkbox"/> Act 2: read for 15 minutes <input type="checkbox"/> Act 3: repeat today's activity 2	<input type="checkbox"/> Act 1: go outside <input type="checkbox"/> Act 2: spend 10 minutes journaling <input type="checkbox"/> Act 3: exercise for 30 minutes
WEEK 12	<input type="checkbox"/> Act 1: perform a random act of kindness <input type="checkbox"/> Act 2: Track your meals <input type="checkbox"/> Act 3: share a laugh	<input type="checkbox"/> Act 1: check out what's new on the team website & send us a message! <input type="checkbox"/> Act 2: pack a lunch and healthy snacks <input type="checkbox"/> Act 3: read for 15 mins	<input type="checkbox"/> Act 1: exercise for 30 minutes <input type="checkbox"/> Act 2: repeat your favorite Wellness activity <input type="checkbox"/> Act 3: pack a lunch and healthy snacks	<input type="checkbox"/> Act 1: 64+ oz of water <input type="checkbox"/> Act 2: update your profile picture to something Corn Fed for at least 3 days <input type="checkbox"/> Act 3: smile more today	<input type="checkbox"/> Act 1: take time to watch the sun rise and/or set <input type="checkbox"/> Act 2: 64+ oz of water <input type="checkbox"/> Act 3: exercise for 30 mins	<input type="checkbox"/> Act 1: eat 3 servings veggies <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: drink 64+ oz of water	<input type="checkbox"/> Act 1: 64+ oz of water <input type="checkbox"/> Act 2: try a new fruit of vegetable <input type="checkbox"/> Act 3: exercise for 30 minutes
WEEK 13	<input type="checkbox"/> Act 1: exercise for 30 minutes <input type="checkbox"/> Act 2: drink 64+ oz of water <input type="checkbox"/> Act 3: meatless Monday	<input type="checkbox"/> Act 1: listen to a different type of music than you normally do <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: do a puzzle (jigsaw, sudoku, crossword, etc.)	<input type="checkbox"/> Act 1: share a Brain Teaser <input type="checkbox"/> Act 2: have you signed up for the October Challenge yet? <input type="checkbox"/> Act 3: 64+ oz of water	<input type="checkbox"/> Act 1: share on team's FB page your favorite race experience <input type="checkbox"/> Act 2: exercise for 30 minutes <input type="checkbox"/> Act 3: no eating after 8pm	<input type="checkbox"/> Act 1: check in with your accountability partner <input type="checkbox"/> Act 2: pack a lunch and healthy snacks <input type="checkbox"/> Act 3: 64+ oz of water	<input type="checkbox"/> Act 1: Track your meals <input type="checkbox"/> Act 2: try a calm breathing technique <input type="checkbox"/> Act 3: spend 10 minutes journaling	<input type="checkbox"/> Act 1: 64+ oz of water <input type="checkbox"/> Act 2: congratulate your accountability partner <input type="checkbox"/> Act 3: check this box for a free point on the last day! 😊