



#WarriorInMe Challenge

AUGUST 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Set your alarm for an early morning sweat session	Write down your health goals for August
3	4	5	6	7	8	9
Go for a 1 hour walk	Eat a healthy breakfast	Take the stairs today	Take time to stretch	Push-up challenge	Drink 8 glasses of water	Get outside and get active for at least an hour.
10	11	12	13	14	15	16
Get some rest! Stay in bed an extra half hour, or go to bed early	Cook a healthy meal at home	Try a weightlifting class	Foam roll for 15 minutes	Squat Challenge	Have a game night with friends or family. Bonus points if it's active!	Try a new activity today!
17	18	19	20	21	22	23
Reconnect with a friend or family member today	Try Meatless Monday! Prepare all of your meals with no meat	Schedule a massage	Write down 3 things you are grateful for today	Plank Challenge	Take a yoga class instead of going to happy hour	Walk, bike, or hike a new trail
24	25	26	27	28	29	30
Perform a random act of kindness for someone today	Replace a typical snack with something healthy. Bonus points for homemade!	Schedule a workout with a friend	De-clutter your work space today	Lunge Challenge	Enjoy a healthy meal with friends or family	Take a class you've never taken before
31						
Reflect on your month and share your biggest achievement						