



**YOUR Wellness
YOUR Way
IOWA!**

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

April 2

April 3

April 4

April 5

April 6

April 7

April 8

TOTAL

Count time from walk, run, roll, stroll, bike, swim, exercise class etc. 20 minutes = one mile (or track actual mileage)

Miles =

Miles =

Miles =

Miles =

Miles =

Miles =

Miles =

Exercise Idea: Go for a "color walk" pick a color to search for as you walk (ie: yellow signs, yellow houses, yellow cars, yellow flowers). Set a # goal each walk.

+1

+1

+1

+1

+1

+1

+1

Nutrition: Goal: Eat five servings of fruits and vegetables (1/2 cup = one serving)
Idea: Start with 2 whole fresh fruits at breakfast daily

+1

+1

+1

+1

+1

+1

+1

Movement: Goal: Move every day!
Idea: Stretch for 20 minutes

+1

+1

+1

+1

+1

+1

+1

Sleep: Goal: Get 8 hours sleep/night
Idea: Reduce or eliminate caffeine intake after 3:00pm

+1

+1

+1

+1

+1

+1

+1

Hydration: Goal: Drink 8 glasses of water
Idea: Calculate half of your body weight in ounces. Target to drink that amount (or around 8 glasses) every day.

+1

+1

+1

+1

+1

+1

+1

Wellbeing: Idea: Try a hobby or activity you have been putting off

+1

+1

+1

+1

+1

+1

+1

Selfcare: Idea: Meditate for 15 minutes

+1

+1

+1

+1

+1

+1

+1

Education: Idea: Attend or watch an Education Day Session or 100 Mile Challenge Weekly Program.

+1

+1

+1


+1

+1

+1

+1

**Log total daily miles online
TOTAL**

 <p>YOUR Wellness YOUR Way IOWA!</p>	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 2	April 9	April 10	April 11	April 12	April 13	April 14	April 15	TOTAL
Count time from walk, run, roll, stroll, bike, swim, exercise class etc. 20 minutes = one mile (or track actual mileage)	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise Idea: Try a new-to-you work out video on YouTube or online.	+1	+1	+1	+1	+1	+1	+1	
Nutrition: Goal: Eat five servings of fruits and vegetables (1/2 cup = one serving) Idea: Try a new fruit, vegetable, or recipe each week of the challenge	+1	+1	+1	+1	+1	+1	+1	
Movement: Goal: Move every day! Idea: Clean house/office for 30 minutes	+1	+1	+1	+1	+1	+1	+1	
Sleep: Goal: Get 8 hours sleep/night Idea: Turn off electronics 30 minutes before bed	+1	+1	+1	+1	+1	+1	+1	
Hydration: Goal: Drink 8 glasses of water Idea: Start your day with a full glass of water with a squeeze of fresh lemon	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: Idea: Organize a cluttered space	+1	+1	+1	+1	+1	+1	+1	
Selfcare: Idea: Talk to a friend or family member about the best part of your day	+1	+1	+1	+1	+1	+1	+1	
Education: Idea: Attend or watch an Education Day Session or 100 Mile Challenge Weekly Program.	+1	+1	+1	+1	+1	+1	+1	
Log total daily miles online TOTAL								

Check IOWA's progress at WWW.100MILESFORSB.ORG

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	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 3	April 16	April 17	April 18	April 19	April 20	April 21	April 22	TOTAL
Count time from walk, run, roll, stroll, bike, swim, exercise class etc. 20 minutes = one mile (or track actual mileage)	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise Idea: Focus exercise on a part of your body that you usually don't exercise	+1	+1	+1	+1	+1	+1	+1	
Nutrition: Goal: Eat five servings of fruits and vegetables (1/2 cup = one serving) Idea: Each fresh fruit instead of drinking fruit juice (fruit juice doesn't count!)	+1	+1	+1	+1	+1	+1	+1	
Movement: Goal: Move every day! Idea: Park farther away from building entrances when parking	+1	+1	+1	+1	+1	+1	+1	
Sleep: Goal: Get 8 hours sleep/night Idea: Go to bed and wake up at the same time every day	+1	+1	+1	+1	+1	+1	+1	
Hydration: Goal: Drink 8 glasses of water Idea: Drink a glass of room-temperature water 30 min. before each meal	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: Idea: Set timers to give yourself breaks to move at work or home	+1	+1	+1	+1	+1	+1	+1	
Selfcare: Idea: Laugh out loud every day! Watch a funny video/TV or laugh at yourself!	+1	+1	+1	+1	+1	+1	+1	
Education: Idea: Attend or watch an Education Day Session or 100 Mile Challenge Weekly Program.	+1	+1	+1	+1	+1	+1	+1	
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	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 4	April 23	April 24	April 25	April 26	April 27	April 28	April 29	TOTAL
Count time from walk, run, roll, stroll, bike, swim, exercise class etc. 20 minutes = one mile (or track actual mileage)	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise Idea: Work on core (abdomen) muscles.	+1	+1	+1	+1	+1	+1	+1	
Nutrition: Goal: Eat five servings of fruits and vegetables (1/2 cup = one serving) Idea: Make a smoothie for a meal	+1	+1	+1	+1	+1	+1	+1	
Movement: Goal: Move every day! Idea: Do breathing exercises such as square breathing or alternative nostril breathing. Exercise your lungs.	+1	+1	+1	+1	+1	+1	+1	
Sleep: Goal: Get 8 hours sleep/night Idea: Reduce or eliminate caffeine intake after 3:00pm	+1	+1	+1	+1	+1	+1	+1	
Hydration: Goal: Drink 8 glasses of water Idea: Carry a water bottle with you wherever you go. Don't get thirsty!	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: Idea: Give back! It is proven to improve your overall life satisfaction.	+1	+1	+1	+1	+1	+1	+1	
Selfcare: Idea: Hold your head high! Focus on posture when you walk, sit, exercise--shoulders back, head straight	+1	+1	+1	+1	+1	+1	+1	
Education: Idea: Attend or watch an Education Day Session or 100 Mile Challenge Weekly Program.	+1	+1	+1	+1	+1	+1	+1	
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	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 5	April 30	May1	May 2	May 3	May4	May 5	May 6	TOTAL
Count time from walk, run, roll, stroll, bike, swim, exercise class etc. 20 minutes = one mile (or track actual mileage)	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise Idea: Do one full hour of exercise that makes you sweat.	+1	+1	+1	+1	+1	+1	+1	
Nutrition: Goal: Eat five servings of fruits and vegetables (1/2 cup = one serving) Idea: Eat a salad with variety of veg. for a meal. Add beans or lentils for protein.	+1	+1	+1	+1	+1	+1	+1	
Movement: Goal: Move every day! Idea: Move your arms when you walk.	+1	+1	+1	+1	+1	+1	+1	
Sleep: Goal: Get 8 hours sleep/night Idea: Reduce or eliminate caffeine intake after 3 p.m.	+1	+1	+1	+1	+1	+1	+1	
Hydration: Goal: Drink 8 glasses of water Idea: Drink hot, herbal tea after dinner (it counts!)	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: Idea: Write a to-do list to stay productive each day	+1	+1	+1	+1	+1	+1	+1	
Selfcare: Idea: Utilize an identified coping skill that works for you	+1	+1	+1	+1	+1	+1	+1	
Education: Idea: Attend or watch an Education Day Session or 100 Mile Challenge Weekly Program.	+1	+1	+1	+1	+1	+1	+1	
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	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 6	May 7	May 8	May 9	May 10	May 11	May 12	May 13	TOTAL
Count time from walk, run, roll, stroll, bike, swim, exercise class etc. 20 minutes = one mile (or track actual mileage)	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	Miles =	
Exercise Idea: Do all of your exercise outside this week. Try a walk in the woods, a park or near trees!	+1	+1	+1	+1	+1	+1	+1	
Nutrition: Goal: Eat five servings of fruits and vegetables (1/2 cup = one serving) Idea: Buy vegetables at a farmers' market--you're more likely to eat them!	+1	+1	+1	+1	+1	+1	+1	
Movement: Goal: Move every day! Idea: Use hand weights when moving	+1	+1	+1	+1	+1	+1	+1	
Sleep: Goal: Get 8 hours sleep/night Idea: Keep your bedroom dark – close blinds, no lights	+1	+1	+1	+1	+1	+1	+1	
Hydration: Goal: Drink 8 glasses of water Idea: Reduce or eliminate your caffeine intake (it dehydrates you)	+1	+1	+1	+1	+1	+1	+1	
Wellbeing: Idea: Write a gratitude list each evening	+1	+1	+1	+1	+1	+1	+1	
Selfcare: Idea: Sing like nobody's listening. Or listen to music that makes you happy. Dancing is ok too!	+1	+1	+1	+1	+1	+1	+1	
Education: Idea: Attend or watch an Education Day Session or 100 Mile Challenge Weekly Program.	+1	+1	+1	+1	+1	+1	+1	
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Attend the 100 Mile Celebration on **May 16 at 7 p.m. Central Time** [Register HERE](#)