

# DAILY WELLNESS TASKS

*Stay Active. Stay Healthy. Stay Safe*



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Write Out 3 Goals	Take a 1 Mile Walk	Stretch for 15min	Attend a Virtual Fitness Class	Create and Share a playlist with a Friend	Total 100 Squats throughout the day	Try a New Healthy Recipe
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
1 Hour Technology Break	30 min Outdoor Workout	Come up with a quarantine routine	Walk/Run for 1 min intervals for 30 min Total	Attend a Virtual Yoga Class	Have a Zoom Party with Friends	Total 100 Push-Ups throughout the day
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Try a New Fitness Modality	Reach out to someone you haven't talked to in awhile	Download a New Fitness App and Complete a New Workout	Attend a SCS or HPW Zoom Meeting	Meditate for 10min	Complete 15 jump squats in between episodes of your favorite show	Watch a movie on Netflix Party with your Family
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Stretch in the Morning for 20min	Play a game or do a puzzle	Create a workout using 3 items found in your house	Cook a healthy meal completely from scratch	Complete 1 min of mountain climbers every hour for 6 hours	Vacuum Your Living Space	Try a New Mobility Routine



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