

WORTH THE WORK

B

I

N

G

O

Listen to the weekly Breathe Out Podcast

Accumulate 10 miles of walking/running

Wake up early for self reflection/exercise. (10 days)

Share a healthy recipe on Worth the Work Chat

Set a Goal, Write it Down, Complete it

Workout 20 days during the month

Video Call A Friend

Stretch for 10 minutes each day (3 days in each wk)

Workout 5 days in a row

100 Sit Ups

Move your body for 30 minutes a day (20 days)

Read 10 pages from non-fiction book (15 days)



Take a free online dance/exercise class

Drink 1/2 your body weight in water (15 days)

20 squats a day for 3 days (each week)

Eat a serving of veggies w/ every meal for a day

Sleep for 8 hours (10 days)

Share your workout on Social Media, tag Highpoint

100 Push Ups

5 minutes of meditation (10 days)

100 Burpees

Accumulate 10 minutes of a Plank

Take a 10 minute bike ride outside

Invest in YOU (doing something nice for yourself)