

May Mindfulness Fitness Challenge



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|--|--|--|---|---|---|
| | 1 Go for a walk for 30-minutes | 2 Write down 5 things that you're grateful for | 3 Try a mindfulness class beachcitiesgym.org/classes | 4 Drink 6-8 glasses of water | 5 Plank for 30 seconds | 6 Listen to your favorite music |
| 7 Unplug 1 hour before bedtime | 8 Take a Yoga class beachcitiesgym.org/classes | 9 Eat a healthy meal | 10 Take the stairs | 11 Check in with a family member, friend or neighbor | 12 Do something NEW | 13 Stretch for 10 minutes |
| 14 Get 7-9 hours of sleep | 15 Complete 10 push-ups | 16 Donate something | 17 Complete a 30-minute workout beachcitiesgym.org/classes | 18 Do something that makes you happy | 19 Do a breathing exercise beachcitiesgym.org/classes | 20 Complete 10 jumping jacks |
| 21 Perform an act of kindness | 22 Make/Order your favorite meal | 23 Take a fitness class beachcitiesgym.org/classes | 24 Practice gratitude | 25 Learn something new | 26 Take a stretch class beachcitiesgym.org/classes | 27 Make time for a wholesome breakfast |
| 28 Take your workout outside | 29 Do one thing today that will improve your physical, mental and nutritional health | 30 Listen to a podcast or read an article | 31 Set a new goal for June | | | |