

MAY

WARRIOR WELLNESS CHALLENGE DIRECTIONS

1. Complete each daily wellness challenge.
2. Turn in your completed sheet to the Warrior Wellness Desk (level 2 of WIA) **BY JUNE 6th** to earn an entry into the prize raffle. (winner announced **JUNE 11th**)

2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Follow on IG: @bewell.withmorgan and share photos of your journey for a chance to be featured!</p>		<p>Name: _____ Email: _____</p>		<p>1 Eat a fruit at snack time</p>	<p>2 Take a 20-minute walk or play outside</p>	<p>3 Do 20 jumping jacks</p>
<p>4 Try a new vegetable</p>	<p>5 Stretch for 5 minutes before bed</p>	<p>6 Drink ONLY water today</p>	<p>7 Do 10 squats & 10 push-ups</p>	<p>8 Do your favorite activity for 30min</p>	<p>9 Take a 1-song dance break</p>	<p>10 Take a bike ride</p>
<p>11 Hold a plank for 30 seconds</p>	<p>12 Take the stairs instead of the elevator today</p>	<p>13 Give someone a positive shoutout</p>	<p>14 Eat a protein with every meal today</p>	<p>15 Try a new healthy snack</p>	<p>16 Drink water before each meal</p>	<p>17 Add a colorful fruit or veggie to lunch</p>
<p>18 Have a fruit & veggie at a single meal</p>	<p>19 Eat breakfast within 1 hour of waking up</p>	<p>20 Write 1 thing you're grateful for</p>	<p>21 Take 5 deep breaths in a row</p>	<p>22 Compliment a teammate or friend</p>	<p>23 Get 8+ hours of sleep tonight</p>	<p>24 Spend 30min in a row screen-free</p>
<p>25 Say something positive about yourself</p>	<p>26 Make your bed this morning</p>	<p>27 Lay your clothes out the night before</p>	<p>28 Meal prep breakfast for tomorrow</p>	<p>29 Read something for 15min</p>	<p>30 Help your parent with a task</p>	<p>31 Choose your OWN wellness challenge and complete it!</p>