



**6-WEEK
WELLNESS
CHALLENGE**

WEEK 1



VERDANT CROSSFIT

WEEK 1 DAILY POINTS

MEALS

MINDFUL EATING. EAT AT TABLE WITH NO DISTRACTIONS, I.E. NO PHONE, COMPUTER, ETC.

3 POINTS (1 X MEAL)

WOD

JOIN ZOOM CLASS

2 POINTS

PERFORM OWN WOD

1 POINT

SLEEP

8+ HOURS

3 POINTS

7 HOURS

2 POINTS

6 HOURS

1 POINT

WATER

DRINK FOUR 8-OZ GLASSES OF WATER PER DAY

2 POINTS

MIND

SPEND 5 MINUTES TO PRACTICE MINDFULNESS DAILY

2 POINTS

EXAMPLES: MOBILITY WORK, TIME OUTSIDE, NASAL BREATHING, JOURNAL, READ, SCREEN-LESS TIME

ALC.

ZERO ALCOHOLIC BEVERAGES

1 POINT

SHARE

TAG @VERDANTCROSSFIT IN ANY SOCIAL MEDIA POST... GET CREATIVE AND HAVE FUN!

2 POINTS PER WEEK

TEAM CHALLENGE

ASSIGN A TEAM CAPTAIN AND CREATE A TEAM NAME. POST YOUR TEAM NAME TO THE VERDANT MEMBERS PAGE

2 POINTS FOR EACH TEAM MEMBER PER WEEK



Verdant Wellness Challenge

Week 1 Point Tracker

	22nd	23rd	24th	25th	26th	27th	28th
	W	TH	F	S	S	M	T
Daily points							
Meals: mindful eating - eat at table with no distractions (3 points available per day)							
WOD: join Zoom class = 2 points, Perform own WOD = 1 point (max 2 points per day)							
Sleep (previous night): 6 hours = 1 point, 7 hours = 2 points, 8+ hours = 3 points per day							
Water: drink 4 glasses of water per day = 2 points per day							
Mind: spend 5 minutes practicing mindfulness daily = 2 points per day							
Alcohol: zero alcoholic beverages = 1 point per day							
Total Daily points (Max points per day = 13)	-	-	-	-	-	-	-

Weekly points

Share: tag @VerdantCrossfit in any social media post... get creative = 2 points per WEEK

Team Challenge: create team name and select captain - post it to the Verdant Members FB page = 2 points

TOTAL WEEK POINTS

Total weekly possible points = 95

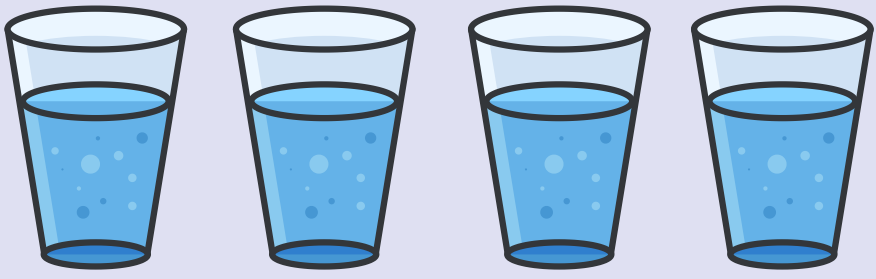
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When this is completed, send to your team captain ASAP.

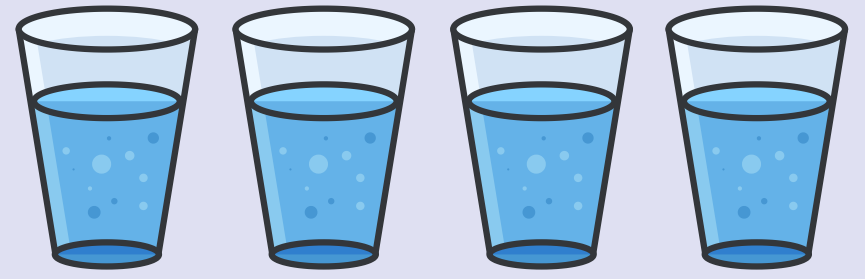
Team captians: email total team week points to Jenai at jnutrition@outlook.com by EOD Wednesday, April 29th.

WATER CHECKLIST

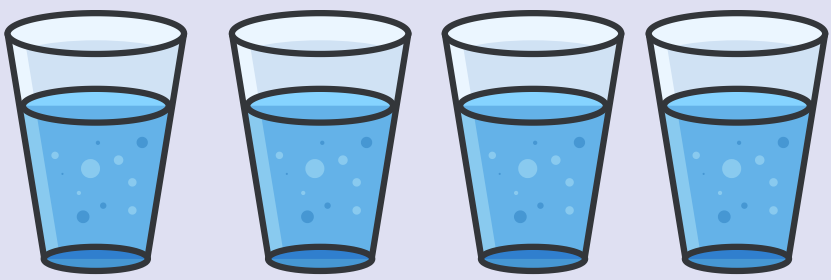
Monday



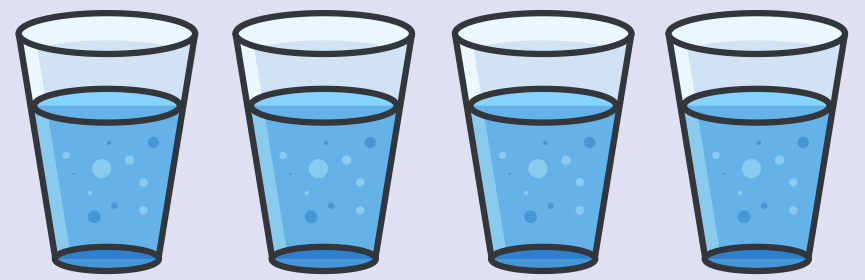
Tuesday



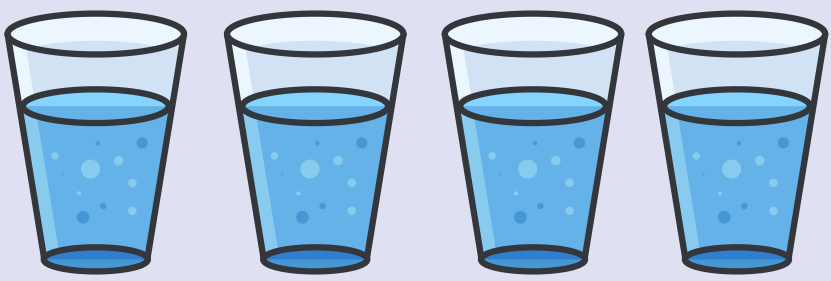
Wednesday



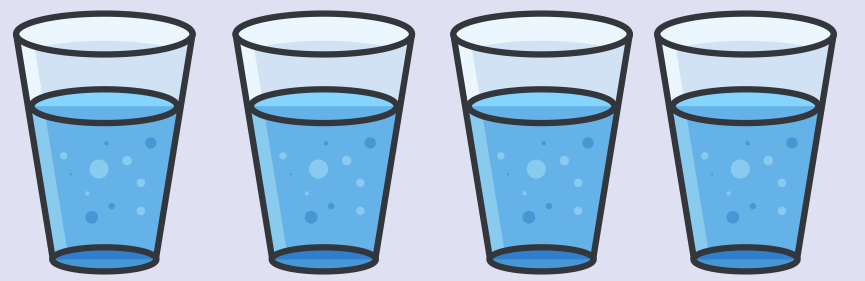
Thursday



Friday



Saturday



Sunday

