



WEEK 9 WEC - WELLNESS CHALLENGE  
LOVE YOUR BODY  
March 9 - March 12

**W** - Water, water, water - make sure you drink at least 8 glasses every day- good for your organs, good for your skin, just plain good for you. 10 points for each day you meet this water requirement

**E** - Energize yourself by taking in proper nutrition - and track every bite. Take 5 points for each day that you track your food (or count points) Pay close attention to the nutrients you are eating and make your choices healthy ones. 5 points for each day that your choices are healthy.

**L** - Laughter is the best medicine. Think about the last time you really laughed a good belly laugh and relive that moment. Enjoy the lift to your spirits that that laugh gives you. One time points of 5 points for reliving that moment and another 5 points for sharing that moment on your team thread.

**L** - Learn what triggers you to go off program. Explore the last time you went off program and try to figure out what triggered it. Come up with a plan to not let it sabotage you again. 10 one time points. Share on your team thread for a bonus of 5 points.

**N** - Nourish your soul - meditate, read something inspiring, have a massage - do something each day of the weekend that relaxes and nourishes your soul. 5 points for each day you nourish your soul.

**E** - Exercise - take a walk, run, lift some weights, do an exercise video - 5 points for every 30 minutes of exercise you do over the weekend.....No Limit

**S** - Share your successes with the team - it can be any success you have had on this journey, - 5 points for each success you share - 1 success per day of the challenge

**S** - Snooze - get at least 7 hours of sleep each night of the challenge - 5 points for each night of 7 hours or more

Wellness Scoring:

Fri    Sat    Sun    Mon

W -    \_\_\_\_    \_\_\_\_    \_\_\_\_    \_\_\_\_ ( 10 per day max)

E -    \_\_\_\_    \_\_\_\_    \_\_\_\_    \_\_\_\_ ( 10 per day max)

L - One Time Points \_\_\_\_ Bonus\_\_\_\_(10 maximum)

L - One Time Points \_\_\_\_ Bonus\_\_\_\_(15 maximum)

N -    \_\_\_\_    \_\_\_\_    \_\_\_\_    \_\_\_\_ (5 per day max)

E -    \_\_\_\_    \_\_\_\_    \_\_\_\_    \_\_\_\_ (unlimited)

S -    \_\_\_\_    \_\_\_\_    \_\_\_\_    \_\_\_\_ (5 per day max)

S -    \_\_\_\_    \_\_\_\_    \_\_\_\_    \_\_\_\_ (5 per day max)