



# Live Well Kitsap Community Challenge Event Tracker

Engage : Throughout the Challenge, go on the Live Well Kitsap Community site and read a blog, watch Value-Videos or interact in the Forum. As you do each daily activity during the week, ask yourself "is this something I want to make a habit?" Pick one for each week.

**Check off each activity you completed.**

WEEK ONE	PHYSICAL / FITNESS	
Day 1	Walk, Jog, Hike, or otherwise move your body for a minimum of 30 minutes.	
Day 2	Consume an extra bottle of water today.	
Day 3	Engage in Stretching 15 minutes in the morning, and 15 minutes at night.	
Day 4	Focus on getting 7-8 hours of sleep, plan your bedtime and wake up time.	
Day 5	Engage in a calming activity: Yoga, Tai Chi or Meditation.	
Day 6	Eat a balanced protein breakfast to give you good energy.	
Day 7	Notice any muscle tension you are carrying. Stop and breathe focusing on each part of the body that feels tense. Tense that part on the inhale and relax it on the exhale. Repeat.	
Pick One	<b>Select one of the activities from this week and post it on your daily to do calendar...make it a habit!</b>	
WEEK TWO	EMOTIONAL / MENTAL WELLBEING	
Day 1	Practice Deep Breathing for 3 minutes upon awakening, and before bed.	
Day 2	Notice any negative thoughts today. Identify and question them for accuracy.	
Day 3	Read something uplifting today - a quote, prayer, meditation or listen to a podcast.	
Day 4	Do some journaling or engage in art - write down or draw your thoughts or feelings.	
Day 5	Color in a coloring book, listen to music or walk in a new area or in nature.	
Day 6	Take 10 minutes to Be Still. Notice your surroundings. Unplug and inhale deeply.	
Day 7	Plan your next rejuvenating activity: schedule a massage, reading time, time with a friend or family member you enjoy.	
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WEEK THREE	SPIRITUAL WELLBEING	
Day 1	Read a devotional in the morning upon rising.	
Day 2	Pray or meditate upon wakening.	
Day 3	Start a Gratitude Journal and record three things you are grateful for.	
Day 4	Take a walk in the park or in nature. Notice and be present with the beauty around you.	
Day 5	Read your Bible or other spiritual book or listen to an uplifting podcast.	
Day 6	Consider who you need to forgive or ask forgiveness from. Do it today.	
Day 7	Join a Bible study, prayer group or start a group. Additional option - pray or read something spiritual with your partner, spouse or good friend.	
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WEEK FOUR	DIET / NUTRITION	
Day 1	Make a protein fruit smoothie in the morning to replace your coffee.	
Day 2	Plan and cook a healthy meal with your spouse, partner or kids.	
Day 3	Add 3 plant based foods to your regular grocery list. Add an additional veggie for dinner.	
Day 4	Clean out the pantry and replace white flour, white sugar with healthier alternatives.	
Day 5	Be Present with your food today. Eat at the table and away from the TV.	
Day 6	Plan and prepare healthy ready to take on the go snacks for yourself and your family.	
Day 7	Create a rainbow of color on your dinner plate tonight.	



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<b>WEEK FIVE</b>	<b>BRAIN HEALTH</b>	
Day 1	Learn something new today.	
Day 2	Do a puzzle, crossword, sudoku or other brain game.	
Day 3	Eat good lean sources of protein and add greens today. Choose organic foods.	
Day 4	Abstain from all screens today, other than what is essential for work or school.	
Day 5	Change up a routine: take a different way to work, change which hand you use for tasks.	
Day 6	Play a memory game or other games that involve strategy, not luck.	
Day 7	Address any anxious thoughts or feelings: journal, do yoga or deep breathe.	
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<b>WEEK SIX</b>	<b>SOCIAL / RELATIONAL / COMMUNITY</b>	
Day 1	Abstain from your cell phone except for necessary work. Engage with family today.	
Day 2	Call or email extended family/friends to set up a weekly Facetime/Duo chat.	
Day 3	Plan a date night with your partner or create a fun night for yourself with your favorite things.	
Day 4	Reach out to a cause/charity you value and find out how you can support and help.	
Day 5	Arrange for a walk outside with friends, family or neighbors.	
Day 6	Call or Facetime/Duo a friend or elderly relative or neighbor just to check in on them.	
Day 7	Go on the Live Well Kitsap Community site and read a blog, watch Value-Videos or interact in the Forum.	
Pick One	Select one of the activities from this week and post it on your daily to do calendar...make it a habit!	