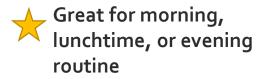
WORK-FROM-HOME meets WELLNESS-FROM HOME

DAILY CHECKLIST TRY TO COMPLETE AT LEAST <u>6</u> OF THESE A DAY



□ No snacking unless you're hungry! Be mindful or mindless/bored snacking ☺

- No phone/electronics for 1+ hour
- 🔀 🗆 Sit somewhere quiet, take 10 deep slow breaths to reset. (other meditation/yoga counts too!)
 - Drink ¹/₂ your body weight in oz of water
 - Kitchen closed at 8PM (water/tea ok)
 - Read a book
 - Support a local business
 - Complete one of the daily work outs from this deck
 - C 🗖 Go outside for 15+ minutes
 - E Reach out to a coworker or friend and share something funny or positive that happened today
 - Give veggies (and/or fruits) the biggest market-share on your plate for at least 2 3 meals/day
 - 30+ minute workout (only counts if you break a sweat!)

5-MINUTE WORKOUT

Listen to: <u>5 Minute Workout</u>

20 Squats

20 Push-ups

20 Lunges (10 each side)

20 Sit-ups

Hold a plank for 30 seconds (on your hands or forearms)

30 Jumping Jacks

10-MINUTE WORKOUT

Listen to: <u>10 min Workout</u>

50 Jumping Jacks

50 Squats

Plank hold 30 seconds (do this 2x, 10 sec recovery)

Pushup pyramid: 25, 15, 10, 5

30 Lunges (15 each side)

Sit-up pyramid: 25, 20, 15, 10, 5

20-MINUTE WORKOUT

Listen to: <u>20 min Workout</u>

*Do each exercise for 1 minute. Complete 4 rounds!

Squat to overhead press *add weights (or jars, wine bottles) for more of a challenge

Plank hold with alternating shoulder taps

Bicycle crunches

Mountain Climbers

Wall Sit