



June Monthly Challenge



Revive and Thrive Tracking Sheet

Name: _____

Everyone knows that eating smart and exercising regularly are keys to looking and feeling our best, but did you know that our mental and emotional diets have just as great of an effect on our energy levels? During this challenge, you will learn new techniques to reduce stressors and increase energy levels so you can Revive and Thrive!

Record the number of days you practice the Revive and Thrive weekly technique by putting an "X" in the corresponding box for those days. At the end of the month, total the number X's on your calendar and enter your total at the bottom of your log.

Remember to return your tracking sheet to wellness@weber.edu or MC 3501 by July 5, 2019

Goal	SUN	MON	TUE	WED	THU	FRI	SAT	Total
Mindfulness Mantra								
Fuel up with Food								
Taking 5								
Soothe and Move								

Total number of X's for the month: _____