

MIND BODY SOUL OCTOBER

Name: _____

Oct 5 to Oct 31 · Check the box each day you complete the commitment.

	BODY					MIND					SOUL					TOGETHER											
	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1. Move: 10,000 steps	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2. Hydrate: half your weight in oz	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3. Rest: 7 to 8 hours of sleep	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4. Quiet: 10 minutes of stillness	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5. Soul: one kind or grateful act	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
6. Check in: share how you feel	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Weekly themes: Body (Oct 5-11) · Mind (Oct 12-18) · Soul (Oct 19-25) · Together (Oct 26-31)

Listen to your body. If you have pain, an injury or a health condition, check with your provider before increasing your activity.

WEEKLY CLASS GOAL: attend at least 2 classes each week. Any class counts, including the Wellness Warfare Workout and Yin Yoga.

Week 1 · Body (Oct 5-11)	☐	☐	☐	☐	first two = goal, extras = bonus
Week 2 · Mind (Oct 12-18)	☐	☐	☐	☐	
Week 3 · Soul (Oct 19-25)	☐	☐	☐	☐	
Week 4 · Together (Oct 26-31)	☐	☐	☐	☐	