



Wellbeats™

Back to the Basics

Wellbeats 30-Day “Back to the Basics” Wellness Challenge

Let’s take it back to the basics with this list of simple challenges to start at the beginning of any month. Feel better both physically and mentally with the Wellbeats 30-Day “Back to the Basics” Wellness Challenge!

Rules: Check off each challenge once complete. You can swap challenges depending on your needs for the day. Your goal is to complete all 30 challenges by the end of the month.

- Day 1.** Drink a full glass of water before every meal.
- Day 2.** Complete as many push-ups as you can in 1 minute.
- Day 3.** Give 3 sincere compliments to 3 different people today.
- Day 4.** Phone a friend you haven’t talked to in a while.
- Day 5.** Write down 5 personal goals you’d like to accomplish in the next 5 years.
- Day 6.** Close your eyes and concentrate on your breath for 1 minute.
- Day 7.** Complete a 60-second plank.
- Day 8.** Read a book before you go to bed.
- Day 9.** Spend at least 30 minutes in nature.
- Day 10.** Stretch for 10 minutes right when you wake up and before you go to bed.
- Day 11.** Complete as many squats as you can in 1 minute.
- Day 12.** Declutter your car or one room in your house and donate items if possible.
- Day 13.** Play a Wellbeats class you’ve never tried before.
- Day 14.** Take the stairs wherever possible for the day.
- Day 15.** Write down 5 accomplishments you’re proud of and share it with a family member or friend.
- Day 16.** Take a walk over your lunch hour (preferably outside!).
- Day 17.** Take a Wellbeats Fit Test.
- Day 18.** Eat a serving of fruit or vegetables with every meal today.
- Day 19.** Complete 100 jumping jacks.
- Day 20.** List 20 things you are grateful for today.
- Day 21.** Downsize your dinnerware by eating off a smaller plate.
- Day 22.** Try a 5-minute meditation and pay attention to how your body feels.
- Day 23.** Play a basic-level Wellbeats class.
- Day 24.** Go the entire day without sweets or added sugar.
- Day 25.** Grab a family member or friend and workout together.
- Day 26.** Sleep for an extra hour today.
- Day 27.** Send a letter to a grandparent or friend.
- Day 28.** Keep a food journal and track everything you eat and drink today.
- Day 29.** Give yourself 5 minutes every work hour to get up and stretch.
- Day 30.** Go for a 30-minute walk or jog outside.