



# RESET



Begin your journey of finding 150 minutes a week to be active and RESET our lives!

Goal	Sunday	Monday	Tuesday
Wednesday	Thursday	Friday	Saturday



# REFRESH

Add to our fitness goals with one weekend of clean eating.



Goal	Sunday	Monday	Tuesday
Wednesday	Thursday	Friday	Saturday



# RECONNECT



Visit or Zoom a loved one you haven't seen in a while. Connect with your accountability buddy.

Goal	Sunday	Monday	Tuesday
Wednesday	Thursday	Friday	Saturday



# REPLAY

Find ways to fit fun into your week along with other goals.



Goal	Sunday	Monday	Tuesday
Wednesday	Thursday	Friday	Saturday



# REINVEST



Find a way to give of talents, treasures or time to improve your community.

Goal	Sunday	Monday	Tuesday
Wednesday	Thursday	Friday	Saturday



# RESTORE



Congrats, you finished the Reset Challenge. Keep up with your new habits!

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