

# RIDE YOUR WAY TO WELLNESS



MON	TUES	WED	THURS	FRI	SAT	SUN
<p><b>8</b></p> <ol style="list-style-type: none"> <li>1. Make a to-do list</li> <li>2. Explore wellness on campus</li> </ol>	<p><b>9</b></p> <ol style="list-style-type: none"> <li>1. Walk on the Greenbelt for 30 minutes</li> <li>2. Make a budget for the month</li> </ol>	<p><b>10</b></p> <ol style="list-style-type: none"> <li>1. Eat an extra fruit or veggie</li> <li>2. Organize a virtual study group</li> </ol>	<p><b>11</b></p> <ol style="list-style-type: none"> <li>1. Random act of kindness</li> <li>2. Get 8+ hours of sleep</li> </ol>	<p><b>12</b></p> <ol style="list-style-type: none"> <li>1. Schedule time to unwind</li> <li>2. Finish an assignment 48 hours early</li> </ol>	<p><b>13</b></p> <ol style="list-style-type: none"> <li>1. Take a 24 hour social media break</li> <li>2. Schedule a study session for the week</li> </ol>	<p><b>14</b></p> <ol style="list-style-type: none"> <li>1. Be social in a new way</li> <li>2. Put something to look forward to on your calendar</li> </ol>
<p><b>15</b></p> <ol style="list-style-type: none"> <li>1. Practice mindfulness</li> <li>2. Drink 64 + oz of water</li> </ol>	<p><b>16</b></p> <ol style="list-style-type: none"> <li>1. Start your day with a breakfast that fuels you</li> <li>2. Create an exercise plan for the week</li> </ol>	<p><b>17</b></p> <ol style="list-style-type: none"> <li>1. Pack a snack</li> <li>2. Breathe mindfully</li> </ol>	<p><b>18</b></p> <ol style="list-style-type: none"> <li>1. Write down 10 things you're grateful for today</li> <li>2. Exercise in a new way</li> </ol>	<p><b>19</b></p> <ol style="list-style-type: none"> <li>1. Take a stretch break</li> <li>2. Set up a virtual meal with a friend</li> </ol>	<p><b>20</b></p> <ol style="list-style-type: none"> <li>1. Connect with a friend</li> <li>2. Avoid screen time before bed</li> </ol>	<p><b>21</b></p> <ol style="list-style-type: none"> <li>1. Treat yourself</li> </ol>



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