

# APRIL 2023 CHALLENGE TRACKER

CHALLENGE

DAY

Physical Challenge: 30 minutes of moderate activity, 5 days per week. Or 150 total minutes of physical activity per week.

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Mental Challenge: Learn and practice a NEW skill for 30 minutes, twice a week.

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ADVANCED Physical Challenge: Once per week, do something in a Physical Health category that is an area of growth for you.

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ADVANCED Mental Challenge: Use all three Pillars of Mental Health to improve your productivity. Compare week to week, or month to month to show how your productivity has improved.

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Reflection 1: What worked? How can you use this knowledge to continue your success?

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Reflection 2: Where did you struggle? What did you do, or could you do next time to overcome or avoid that in the future?

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