



Jump into Spring!

The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also. —Harriet Ann Jacobs

Refresh your workout. Try a new workout routine **once this weekend**. (100 pts.)

Restore your body with stretches, yoga, or meditation. 30 minutes total **over the weekend** (100 pts)

Reactivate your body with intentional fitness. 200 minutes over the weekend (100 pts.)

Rejuvenate your mind, read at least two fitness/health articles **over the weekend**. (100 pts.)

Remember to stop and smell the Roses, take some time out for You. 30 minutes total **over the weekend** (100 pts)

Reply to your team, share what article you read, or post a link on the chat thread **twice this weekend**. (100 pts)

We must always change, renew, rejuvenate ourselves; otherwise we harden. -Johann Wolfgang von Goethe

Weekend #10 March 23-26	Refresh Try a new workout (one time only)	Restore yoga, meditation Total 30 minutes (time can be divided over the weekend)	Reactivate fitness Total 200 minutes divided over the weekend	Rejuvenate Read at least 2 fitness/health articles this weekend	Remember Take time out for You,total 30 minutes (time can be divided over the weekend)	Reply Fitness/health articles shared 2x on chat thread this weekend
Track your time or number	 Friday Saturday Sunday Monday 	Friday Saturday Sunday Monday	Friday Saturday Sunday Monday	 Friday Saturday Sunday Monday 	Friday Saturday Sunday Monday	 Friday Saturday Sunday Monday
Points	/100	/100	/100	/100	/100	/100

Tracker: Total possible points _____/600