



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