

New Year New You Challenge Tracker	Su	M	Tu	W	Th	F	Sa
Challenges of the MIND							
Got 8hrs Sleep at Night (5pts)							
Read for 30 minutes (5pts)							
Made My Bed (5pts)							
Let it Go (5pts)							
Practice Play (5pts)							
Made a To-Do list for the day (5pts)							
Did Something Artistic (5pts)							
No Social Media (15pts)							
Made a weekly goal for my Mind (5pts)							
Completed a weekly goal for my Mind (10pts)							
Challenges of the BODY							
Exercised (5pts per 10min of Exercise)							
Ate 7 servings of Fruits/Vegetables (10pts)							
Ate 2 meals NOT in front of a screen (10pts)							
Took my time eating (meal took 30min + to finish) (5pts)							
Drank 7 glasses of Water (10pts)							
No Artificial Sugars Today (10pts)							
Trade out one cup of coffee (or for adults- wine) (5pts)							
No Electronics 1hr before Bed (5pts)							
Made a weekly goal for my Body (5pts)							
Completed weekly goal for my Body (10pts)							
Challenges of the SOUL							
Talked to an "old" Friend/Family Member (5pts)							
Did an act of kindness (5pts)							
Donated or Volunteered (10pts)							
Smiled at three people per day(5pts)							
Meditated or QiGong 15min (5pts)							
Cared for myself (10pts)							
Made a weekly goal for my Soul (5pts)							
Completed a weekly goal for my Soul (10pts)							
BONUS CHALLENGES:							
Sent Content for Challenges (10pts - max 20pts)							
Took a selfie while doing a challenge (10pts - max 20pts)							
Attended weekly check-in (15pts)							
Submit Weekly Google Form (15pts)							