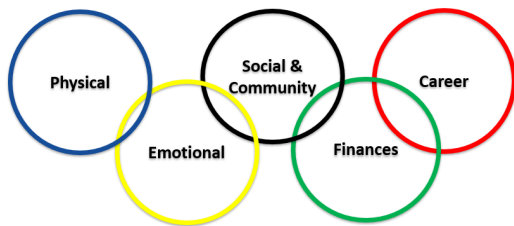


## Summer Olympics Challenge tracker



The *Summer Olympics Challenge* takes place July 23 to August 8, 2021. During this challenge, try to complete at least one activity from each well-being category and see how many you can check off. Get your family and friends involved to increase the fun. Add your own well-being activities into the last section of the tracker.

Name: \_\_\_\_\_



### PHYSICAL WELL-BEING

<input type="checkbox"/>	Play basketball.
<input type="checkbox"/>	Play baseball or softball.
<input type="checkbox"/>	Bike, scooter or skate.
<input type="checkbox"/>	Play soccer.
<input type="checkbox"/>	Swim, surf, body board, or paddle board.
<input type="checkbox"/>	Play tennis or pickle ball.
<input type="checkbox"/>	Kayak, canoe or row.
<input type="checkbox"/>	Complete a personal triathlon (do 3 activities in one day).
<input type="checkbox"/>	Talk a walk or run.
<input type="checkbox"/>	Do yoga or Tai Chi
<input type="checkbox"/>	Dance
<input type="checkbox"/>	Archery
<input type="checkbox"/>	Lift weights
<input type="checkbox"/>	Go horseback riding.
<input type="checkbox"/>	Try a new, healthy recipe.



### EMOTIONAL WELL-BEING

<input type="checkbox"/>	Meditate for 5+ minutes at day for 5 or more days.
<input type="checkbox"/>	Learn a new skill or hobby.
<input type="checkbox"/>	Start a gratitude journal.
<input type="checkbox"/>	Read a fiction book.
<input type="checkbox"/>	Get out into nature.
<input type="checkbox"/>	Practice a random act of kindness



## SOCIAL AND COMMUNITY WELL-BEING

<input type="checkbox"/>	Donate used clothes or shoes.
<input type="checkbox"/>	Donate new socks to a homeless shelter.
<input type="checkbox"/>	Help a neighbor with yard work or home chore.
<input type="checkbox"/>	Support a local Farmer's Market.
<input type="checkbox"/>	Pick up litter as you walk.
<input type="checkbox"/>	Join a community garden, book club or social group.



## CAREER WELL-BEING

<input type="checkbox"/>	Walk during a meeting call.
<input type="checkbox"/>	Mentor someone at work.
<input type="checkbox"/>	Read an article about your profession.
<input type="checkbox"/>	Learn a new work-related skill.
<input type="checkbox"/>	Create connections with your team.



## FINANCIAL WELL-BEING

<input type="checkbox"/>	Create a monthly budget.
<input type="checkbox"/>	Review your retirement plans.
<input type="checkbox"/>	Set a monthly savings goal.
<input type="checkbox"/>	Review your insurance coverage.
<input type="checkbox"/>	Create an emergency savings account.
<input type="checkbox"/>	Find out your credit score.



## PERSONAL WELL-BEING

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	