

UC Davis **Mind Body** Wellness Challenge Tracking Chart

	Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
Week 1			4/8 KICK-off	4/9	4/10	4/11	4/12
Week 2	4/13	4/14	4/15	4/16 Wednesday Walk Wilson Track	4/17	4/18	4/19
Week 3	4/20	4/21	4/22	4/23 Wednesday Walk Rec Pool	4/24 Exercise Lecture and Resistance Bands	4/25 Assessment Fair Hickey Gym	4/26
Week 4	4/27	4/28	4/29	4/30 Wednesday Walk College Park	5/1 Hiking & Other Outdoor Adventures	5/2	5/3
Week 5	5/4	5/5	5/6	5/7 Walk yourself to TGFS!	5/8	5/9	5/10
Week 6	5/11	5/12	5/13	5/14 Wednesday Walk ARC track	5/15 Latin Dance	5/16	5/17
Week 7	5/18	5/19	5/20	5/21 UC Walks	5/22	5/23	5/24