

UCDHS Mind Body Wellness Challenge Tracking Chart

	Sunday	Monday	Tuesday 4/1 KICK-OFF	Wed.	Thursday	Friday	Saturday
Week 1		4/7 Meditation - Deep Relaxation	4/8	4/9	4/10 Stress Release Workshop	4/11	4/12
Week 2	4/13	4/14 15 min. Guided Meditation	4/15	4/16	4/17	4/18	4/19
Week 3	4/20	4/21 15 min. Guided Meditation	4/22	4/23	4/24 Nutrition Workshop	4/25	4/26
Week 4	4/27	4/28 15 min. Guided Meditation	4/29	4/30	5/1	5/2	5/3
Week 5	5/4	5/5 Meditation- Calm The Mind	5/6 Clear Your Clutter Workshop	5/7	5/8	5/9	5/10
Week 6	5/11	5/12 15 min. Guided Meditation	5/13	5/14 Nutrition Workshop	5/15	5/16	5/17
Week 7	5/18	5/19 15 min. Guided Meditation	5/20	5/21 UC Walks	5/22	5/23	5/24