Walk or bike to all of your classes for 1 day

Talk to a friend or family member about stressors

Create a list of goals for the week OR plan a timeline for an assignment

Pick 1 day to observe hunger & fullness levels each time you eat

Do a 10 minute relaxation exercise prior to sleep

Exercise in the morning

Take 10 minutes to enjoy coloring

Eat a healthy meal or snack with a friend

Accumulated Points: ____

WEEK 4
Total Points: ____