

# WARFIGHTER WELLNESS

## 90-DAY WELLNESS CHALLENGE



# Glutes, Guts & Gratitude

Day	Exercise #1	Exercise #2	Daily Gratitude
Day 1	10 Squats	10 Crunches	
Day 2	10 Lunges	30-Second Plank	
Day 3	10 Squats	15 Crunches	
Day 4	10 Lunges	35-Second Plank	
Day 5	REST		
Day 6	15 Squats	15 Crunches	
Day 7	15 Lunges	40-Second Plank	
Day 8	20 Squats	20 Crunches	
Day 9	15 Lunges	45-Second Plank	
Day 10	20 Squats	25 Crunches	
Day 11	REST		
Day 12	20 Lunges	50-Second Plank	
Day 13	25 Squats	25 Crunches	
Day 14	20 Lunges	55-Second Plank	
Day 15	30 Squats	30 Crunches	
Day 16	25 Lunges	60-Second Plank	
Day 17	REST		
Day 18	30 Squats	35 Crunches	
Day 19	25 Lunges	65-Second Plank	
Day 20	35 Squats	35 Crunches	
Day 21	30 Lunges	70-Second Plank	
Day 22	40 Squats	40 Crunches	
Day 23	30 Lunges	75-Second Plank	
Day 24	REST		
Day 25	40 Squats	40 Crunches	
Day 26	35 Lunges	80-Second Plank	
Day 27	45 Squats	45 Crunches	
Day 28	35 Lunges	85-Second Plank	
Day 29	50 Squats	50 Crunches	
Day 30	40 Lunges	90-Second Plank	
Day 31	REST		

# Balance & Budget

DAY	DAY	DAY	DAY	DAY	DAY	DAY
<p><b>1</b></p> <p>5 BL 5-Sec. P 5-Sec. B 1 PS</p> <p><i>Buy store brand items instead of name brand</i></p>	<p><b>2</b></p> <p>8 BL 8-Sec. P 6-Sec. B 2 PS</p> <p><i>Create a \$5 savings jar</i></p>	<p><b>3</b></p> <p>10 BL 10-Sec. P 8-Sec. B 2 PS</p> <p><i>Call cable provider to try to lower your bill</i></p>	<p><b>4</b></p> <p>REST DAY</p> <p><i>Make your own laundry detergent</i></p>	<p><b>5</b></p> <p>12 BL 12-Sec. P 10-Sec. B 4 PS</p> <p><i>Pack your lunch</i></p>	<p><b>6</b></p> <p>15 BL 15-Sec. P 12-Sec. B 5 PS</p> <p><i>Check your monthly bills for mistakes</i></p>	<p><b>7</b></p> <p>18 BL 18-Sec. P 14-Sec. B 5 PS</p> <p><i>Meal plan</i></p>
<p><b>8</b></p> <p>REST DAY</p> <p><i>Avoid paying out of network ATM fees</i></p>	<p><b>9</b></p> <p>20 BL 20-Sec. P 15-Sec. B 6 PS</p> <p><i>Add \$5 to your jar</i></p>	<p><b>10</b></p> <p>22 BL 22-Sec. P 16-Sec. B 7 PS</p> <p><i>Sell unwanted items</i></p>	<p><b>11</b></p> <p>24 BL 24-Sec. P 18-Sec. B 7 PS</p> <p><i>Use a refillable bottle</i></p>	<p><b>12</b></p> <p>REST DAY</p> <p><i>Make a budget</i></p>	<p><b>13</b></p> <p>25 BL 25-Sec. P 20-Sec. B 8 PS</p> <p><i>Pay bills early to avoid late fees</i></p>	<p><b>14</b></p> <p>26 BL 26-Sec. P 20-Sec. B 9 PS</p> <p><i>Use a rewards card</i></p>
<p><b>15</b></p> <p>28 BL 28-Sec. P 20-Sec. B 9 PS</p> <p><i>Use prepaid phone instead of paying monthly</i></p>	<p><b>16</b></p> <p>REST DAY</p> <p><i>Replace all filters in your home</i></p>	<p><b>17</b></p> <p>32 BL 32-Sec. P 22-Sec. B 10 PS</p> <p><i>Wash your laundry in cold water</i></p>	<p><b>18</b></p> <p>32 BL 32-Sec. P 22-Sec. B 10 PS</p> <p><i>Recycle for cash</i></p>	<p><b>19</b></p> <p>32 BL 32-Sec. P 22-Sec. B 10 PS</p> <p><i>Use coupons and only shop sales</i></p>	<p><b>20</b></p> <p>REST DAY</p> <p><i>Add money into your savings account</i></p>	<p><b>21</b></p> <p>34 BL 34-Sec. P 24-Sec. B 12 PS</p> <p><i>Call to lower your credit card rate</i></p>
<p><b>22</b></p> <p>36 BL 36-Sec. P 24-Sec. B 14 PS</p> <p><i>Use a shopping list for groceries</i></p>	<p><b>23</b></p> <p>38 BL 38-Sec. P 25-Sec. B 14 PS</p> <p><i>Add \$5 to your jar</i></p>	<p><b>24</b></p> <p>REST DAY</p> <p><i>Pay bills online to save on stamps and envelopes</i></p>	<p><b>25</b></p> <p>40 BL 40-Sec. P 25-Sec. B 16 PS</p> <p><i>Use cash back websites for shopping</i></p>	<p><b>26</b></p> <p>45 BL 45-Sec. P 25-Sec. B 18 PS</p> <p><i>Eat leftovers</i></p>	<p><b>27</b></p> <p>50 BL 50-Sec. P 26-Sec. B 18 PS</p> <p><i>Plan a night at home</i></p>	<p><b>28</b></p> <p>REST DAY</p> <p><i>Avoid convenience stores</i></p>

KEY: BL (balance lunge); P (plank); B (timed or pulse bridge); PS (pistol squat)

# Planks and Planning

Day	Plank Time	Organize and Planning
Day 1	10 Seconds	Create a daily to-do list
Day 2	20 Seconds	Automate bills and savings
Day 3	30 Seconds	Clean up junk drawer
Day 4	40 Seconds	Take time for self-care
Day 5	50 Seconds	Declutter trunk of car
Day 6	1 Minute	Set a SMART goal (Specific, Measurable, Achievable, Relevant & Timely)
Day 7	70 Seconds	Organize bookshelves
Day 8	80 Seconds	Regularly check emails
Day 9	90 Seconds	Organize linen closet
Day 10	100 Seconds	Know when to ask for help
Day 11	110 Seconds	Do a task you have been procrastinating
Day 12	2 Minutes	Make to-do lists
Day 13	130 Seconds	Prep the night before for work
Day 14	140 Seconds	Practice time management
Day 15	150 Seconds	Unsubscribe from unwanted spam
Day 16	160 Seconds	Keep a password book
Day 17	170 Seconds	Plan your week of workouts
Day 18	3 Minutes	Organize kitchen pantry
Day 19	190 Seconds	Tidy up your workspace
Day 20	200 Seconds	Don't leave dishes in the sink at end of day
Day 21	210 Seconds	Keep tote bags in your car
Day 22	220 Seconds	Declutter purse, bag or wallet
Day 23	230 Seconds	Organize bedroom closet
Day 24	4 Minutes	Meal prep breakfast the night before
Day 25		REST
Day 26	250 Seconds	Plan a week's worth of meals
Day 27	260 Seconds	Clean out fridge
Day 28	270 Seconds	Organize shoes
Day 29	280 Seconds	Schedule annual appointments
Day 30	290 Seconds	Create a recipe book for favorite recipes
Day 31	5 Minutes	Create a playlist with your favorite songs