

Reset Challenge

Week 1

Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
<input type="checkbox"/> Morning: Box breathing exercise, 3 minutes <input type="checkbox"/> During the day: Spend (at least) 30 minutes outdoors device-free <input type="checkbox"/> Evening: Belly breathing exercise, 3 minutes	<input type="checkbox"/> Morning: Inspired Thirds breathing exercise with Jesse Coomer, 3 minutes <input type="checkbox"/> During the day: Journaling activity - one good thing that happened today <input type="checkbox"/> Evening: Belly breathing exercise, 3 minutes	<input type="checkbox"/> Morning: Box breathing exercise, 4 minutes <input type="checkbox"/> During the day: Have a mindful meal <input type="checkbox"/> Evening: 4-7-8 breathing exercise with Jesse Coomer, 4 minutes	<input type="checkbox"/> Morning: Inspired Thirds breathing exercise with Jesse Coomer, 4 minutes <input type="checkbox"/> During the day: Journaling activity - one person you're grateful for and three reasons why <input type="checkbox"/> Evening: Belly breathing exercise, 4 minutes	<input type="checkbox"/> Morning: Box breathing exercise, 5 minutes <input type="checkbox"/> During the day: Take two 10-minute stretch breaks <input type="checkbox"/> Evening: 4-7-8 breathing exercise with Jesse Coomer, 5 minutes
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Week 2

Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
<input type="checkbox"/> Morning: Inspired Thirds breathing exercise with Jesse Coomer, 4 minutes <input type="checkbox"/> During the day: Forego social media for the day <input type="checkbox"/> Evening: Belly breathing exercise, 4 minutes	<input type="checkbox"/> Morning: Box breathing exercise, 4 minutes <input type="checkbox"/> During the day: Journaling activity - one thing you're looking forward to in the near future <input type="checkbox"/> Evening: 4-7-8 breathing exercise with Jesse Coomer, 4 minutes	<input type="checkbox"/> Morning: Inspired Thirds breathing exercise with Jesse Coomer, 5 minutes <input type="checkbox"/> During the day: Set a bedtime, and do a 1-hour wind-down activity device-free <input type="checkbox"/> Evening: Belly breathing exercise, 5 minutes	<input type="checkbox"/> Morning: Box breathing exercise, 5 minutes <input type="checkbox"/> During the day: Journaling activity - one small, achievable goal and three steps to get there <input type="checkbox"/> Evening: 4-7-8 breathing exercise with Jesse Coomer, 5 minutes	<input type="checkbox"/> Morning: Inspired Thirds breathing exercise with Jesse Coomer, 6 minutes <input type="checkbox"/> During the day: Spend at least 10 minutes in contact with the person you journaled about last week <input type="checkbox"/> Evening: Belly breathing exercise, 6 minutes
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY