



Get Fit with Speedy Daily Points Sheet

Mindful Mondays	Tasty Tuesday	Wellness Wednesday	Thoughtful Thursday	Feel Good Friday
1/4	1/5	1/6	1/7	1/8
1/11	1/12	1/13	1/14	1/15
1/18	1/29	1/20	1/21	1/22
1/25	1/26	1/27	1/28	1/29

Daily Get Fit with Speedy Activities

Participants can earn up to 5 points a week (1 point per day) for doing a wellness activity that reflects the theme of the day. Print this handy calendar for each participant to log your daily activities. Let's inspire each other! We would love to share your family participating in daily activities so please send pictures and videos to jharris@kyrene.org or post on our Facebook page or Instagram Page.

- **Mindful Monday:** Find new ways to practice mindfulness such as mindful minutes, yoga, make a glitter jar, etc.
- **Tasty Tuesday:** Share the joy of eating and bring together healthy recipes and snacking tips from Speedy.
- **Wellness Wednesday:** Practice taking care of yourself through healthy habits like brushing teeth, exercising, breathing techniques, and drinking more water.
- **Thoughtful Thursday:** Share gratitude and do things to help others. Write in a journal about what you are thankful for in your life, share family photos, revisit special memories, or volunteer.
- **Feel Good Friday:** Sharpen the Saw and enjoy doing something you enjoy. Play a game, watch a fun movie, read a book, spend time with your family.