

GET OUT AND MOVE

Movement can improve your mental and physical health.

MOVEMENT LOG

Date : _____ Total Workout Time : _____

Muscle Group : _____

Training	Set : 1		Set : 2		Set : 3		Set : 4		Set : 5	
EXERCISE	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS

Cardio :

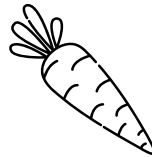
EXERCISE	DURATION	SPEED	DISTANCE

EXERCISE	DURATION	SPEED	DISTANCE

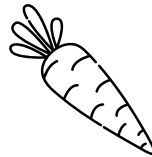
FUEL YOUR BODY

In order to stay SHARP for your Oregon Tech courses it is important that you intake a variety of foods.

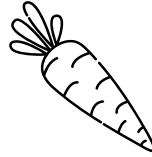
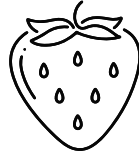
SUNDAY



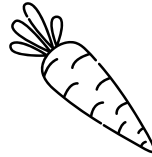
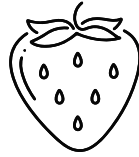
MONDAY



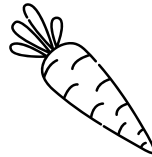
TUESDAY



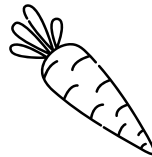
WEDNESDAY



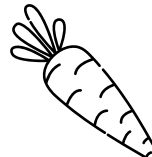
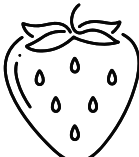
THURSDAY



FRIDAY



SATURDAY



TRY TRACKING YOUR FRUIT AND VEGETABLE INTAKE FOR 7 DAYS.

COLOR 1 IN EACH TIME YOU EAT 1 SERVING.

FUEL YOUR BODY

Planning your grocery trip or meals for the week can not only cut cost in your budget, but can relieve the stress of figuring out what to eat every night.

GROCERY LIST:

VEGETABLE

PROTEIN

GRAINS/OATS

FRUITS

SNACK

CONDIMENT

Pair this with your Meal Planner, budget, and fitness goals for great results for your whole being.

FUEL YOUR BODY

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MEAL PLANNER:

DATE:

MONTH:

	BREAKFAST	LUNCH	DINNER	SNACKS
SUN				
MON				
TUES				
WED				
THURS				
FRI				
SAT				

30 DAY SELF CHALLENGE

HOW MANY CAN YOU GET THROUGH?



Set a personal goal for the month



Practice deep breathing or meditation for 10 minutes



Write a list of 10 things you're grateful for



Take a walk outside



Declutter a room or workspace



Call or text a friend to catch up



Cook a healthy meal



Practice yoga or gentle stretching



Write a positive affirmation and repeat it throughout the day



Create a relaxing bedtime routine



Journal about your thoughts and feelings



Set aside time for your favorite hobby



Give yourself a compliment



Unplug from technology for an hour



Listen to your favorite music or a calming playlist



Practice mindfulness while doing everyday tasks



Spend time with a pet or visit a local animal shelter



Read a book or watch a movie that inspires you



Explore a new relaxation method, like progressive muscle relaxation



Take a power nap or restorative break



Create a vision board or list of personal goals



Volunteer or perform a random act of kindness



Treat yourself to a small indulgence



Reflect on your accomplishments and growth



Connect with nature by visiting a park, beach, or forest



Write a letter to your future self



Set boundaries to protect your energy and time



Establish a morning routine that energizes you



Practice self-compassion and forgive yourself for past mistakes



Review your progress and celebrate your achievements

MASTER YOUR FINANCES

Make a Budget:

We know that doesn't sound like very much fun! But knowing where your money goes each month helps you make decisions about when you can afford to spend a little more!

HERE IS A PRACTICE MONTHLY BUDGET TO GET YOU STARTED.

Income		
	Expected	Actual
Financial Aid		
Job		
Other		
Expenses		
Tuition/Fees		
Housing		
Food		
Health		
Phone		
Car/Bus Fees		
Fuel		
Insurance		
Fun		

