

Physical Wellness Sample Schedule

	15-Minute Break	30-Minute Break	PM 15-Minute Break
Bronze	<ul style="list-style-type: none"> • A light healthy snack • Stretching your lower back and legs • Identifying your optimal body mass index • Food Journaling to identify what you are eating. • Deep breathing • Improving your environment for healthy sleep 	<ul style="list-style-type: none"> • Stretching your upper back and neck. • Walking with a weighted backpack • Light healthy meal • Scheduling medical, dental, or allied healthcare checkups • Stationary walk in place • Envisioning a healthier lifestyle • Improve sleep habits 	<ul style="list-style-type: none"> • Drinking more water • Light snack • Walk with a friend • Stretching arms and shoulders • Meditation / prayer • Yoga • Tai Chi • Calf raises • Massage to the neck and face • Pushups on a wall
Silver	<ul style="list-style-type: none"> • Eating appropriately sized portions • Make healthy food choices • Lunges in place • Jumping Jacks • Side Plank • Dancing • Jumping in place • Moving toward a body mass index goal • Being intentional in your movements 	<ul style="list-style-type: none"> • Combination walking/running • 7-Minute Workout® or similar high intensity workout • Power walking • Bicycling or using an elliptical machine • Take actions to improve your vaccine, dental, emotional, and physical health • Doing home chores 	<ul style="list-style-type: none"> • Pushups/bicep curls • Meditation / prayer • Go up/down stairs with weighted bag • Eating appropriately sized food portions • Full body stretching • Stationary running / walking in place • Take time to have quiet time prior to sleep • Play team sports
Gold	<ul style="list-style-type: none"> • Plank position followed by lunges • Running in place • Box jumping • Pushups followed directly by abdominal crunches • Maintaining appropriately sized food portions • Monitor your blood pressure 	<ul style="list-style-type: none"> • Running or other highly cardiovascular exercises • Power walking with a weighted pack • A full-body workout • Shadow boxing • Weightlifting • Maintaining healthy sleep habits • Maintaining your vaccinations, dental, emotional and physical health 	<ul style="list-style-type: none"> • Jump roping • Pull-ups • Zigzag hops • Go up/down stairs with a weighted bag • Stationary run in place • Checking and maintaining an appropriate body mass index

Pick the activity or activities that support(s) your wellness. The categories represent potential levels of challenge. It's recommended work with your wingman, and to consult your healthcare provider if you have questions or concerns.

**Do each activity only until you are beginning to become fatigued
Stop and sit if you become unsteady**