









REVEAL YOUR CHAMPION: OCTOBER DASH

WEEK 1: IN THE ZONE

Get ready to Reveal Your Champion:

- Open Space Comfortable Clothing Water Bottle Towel Mat Watch/Timer

10/04/2021	10/05/2021	10/06/2021	10/07/2021	10/08/2021	10/09/2021	10/10/2021
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Flexibility	Speed & Agility	Strength	Speed & Agility	Speed & Agility	Speed & Agility	Rest Day
Chair Yoga  Click to begin workout Recovery Activity: Healthy Habits	Step Up  Click to begin workout Recovery Activity: Dance Cool Down	Soup Can Workout  Click to begin workout Recovery Activity: Honey Bee Meditation	Speed Legacy  Click to begin workout Recovery Activity: Healthy Habits	Climb that Mountain  Click to begin workout Recovery Activity: Dance Cool Down	Back Sprinting  Click to begin workout Recovery Activity: Honey Bee Meditation	Set your goals for the week! 

October Wellness Activities:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start a gratitude journal and use it to reflect and express your gratitude today!	Create a new playlist and have a dance party today!	Follow along with this body scan routine to relieve some tension!!	Work on your balance with these yoga poses today!!	Practice self-compassion today and complete one of the following exercises!	Create a name poem today. For every letter of your name, pick a word that describes you.	Today is World Mental Health Day! Reflect and focus on your mental and emotional well-being today.