









# REVEAL YOUR CHAMPION: NIMBLE NOVEMBER

## WEEK 3: BRIGHT BALANCE

Get ready to Reveal Your Champion:

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

11/15/2021	11/16/2021	11/17/2021	11/18/2021	11/19/2021	11/20/2021	11/21/2021
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Flexibility	Speed & Power	Flexibility	Speed & Power	Flexibility	Balance	Rest Day
<b>Mind Over Mat #2</b>	<b>Performance Built</b>	<b>Radiant Motion</b>	<b>Speed Up</b>	<b>Alignment</b>	<b>Dynamic Stretch</b>	<b>Set your goals for the week!</b>
						<b>GOALS</b>
<a href="#">Click to begin workout</a>	<a href="#">Click to begin workout</a>	<a href="#">Click to begin workout</a>	<a href="#">Click to begin workout</a>	<a href="#">Click to begin workout</a>	<a href="#">Click to begin workout</a>	
Recovery Activity: <a href="#">Guided Meditation</a>	Recovery Activity: <a href="#">Yoga Practice</a>	Recovery Activity: <a href="#">Wind Down Activity</a>	Recovery Activity: <a href="#">Guided Meditation</a>	Recovery Activity: <a href="#">Yoga Practice</a>	Recovery Activity: <a href="#">Wind Down Activity</a>	

### November Wellness Activities:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Happy Monday! Wake up 30 minutes earlier today! Log your sleep on <a href="#">MyPAHL</a> for 25 points!	Make a fruit salad today with all of your favourite fruits! Log fruit and veggies on <a href="#">MyPAHL</a> for 25 points!	Go outside tonight and watch the sunset. How do you feel after sitting and watching the nature around you?	Start your day off by making your bed and cleaning up any mess in your room. This will lead to a clearer mind and more productive day!	Oral health is very important! Make sure to brush your teeth and floss 2 times every day!	Read a book or article of your choice to a family member or friend for 15-20 minutes today!	Track how many glasses of water you drink on <a href="#">MyPAHL</a> !. Your goal should be 8!