

mindfulness challenge

jun 19 - aug 24, 2017



It's almost summer, and whether you are here or away, we've created the IET Summer Olympic Mindfulness Challenge to start or maintain some mindfulness. We are happy to have anyone participate. Go for the gold!

1. Set a goal for yourself.

I, _____ (Name), pledge to participate in IET's Summer Olympic Mindfulness Challenge, and my goal is to earn _____ points.

2. Give yourself a fun Olympic code name. (Ex. Super MindfulMan/Woman). Give us your top 2 names. First come, first serve to get your chosen name! Or use your initials.

3. Highlight the items below that appeal to you or you intend to do. You can do each item multiple times over the summer or even everyday if you want!

4. Get started! We officially start on June 19, 2017, but it's never too early to get started.

RSVP your spot on the IET Summer Olympic Mindfulness Team!

Exceeded your goal = Mindful Master Gold

**Reached your goal =
Mindful Master Silver**



**Participant =
Mindful Master Bronze**

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your challenge activities!

- Create a summer goal (5 pts)
- Do something that gets you closer to completing that goal (5 pts)
- Drink half your bodyweight in ounces of water in one day (5 pts)
- Try a new vegetable (5 pts)
- Meditate for a minimum of 3 minutes (5 pts)
- Move your body for 30 minutes (10 pts)
- Try a yoga class (10 pts)
- Try a yoga pose for 5 full breaths (5 pts)
- Eat at least one vegetable with every meal you eat today (10 pts)
- Create a summer reading list of books and/or articles (5 pts)
- Try something new (activity, food, hobby) (5 pts)
- Go on a nature walk/hike (5 pts)
- Plant a garden (1 plant minimum) (10 pts)
- Take a walk with a friend or relative (10 pts)
- Invent a new game (10 pts)
- Breathe-minimum of 7 full breaths (5 pts)
- Volunteer in your community, take a pic for +1 pt (10 pts)
- Practice typing for 10 minutes (10 pts)
- Think & write about 3 things you're grateful for (5 pts)
- Sleep at least 8 hours one night (5 pts)
- Pick up trash at the beach or other area of nature (10 pts)
- Say a genuine "thank you" to someone (5 pts)
- Express gratitude toward someone in a new way (5 pts)
- Spin negative a thought in a positive way (5 pts)
- Say something kind to yourself (5 pts)
- Say something kind to someone else (5 pts)
- Cook a healthy meal (10 pts)
- Calculate how much sugar you ate yesterday (10 pts)
- Read a book for fun (10 pts)
- Create your own: How can you be more mindful? (10 pts)

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Date(s)
Completed

Activities

Pts
Earned

6/19	_____	_____
6/20	_____	_____
6/21	_____	_____
6/22	_____	_____
6/23	_____	_____
6/24	_____	_____
6/25	_____	_____
6/26	_____	_____
6/27	_____	_____
6/28	_____	_____
6/29	_____	_____
6/30	_____	_____
7/1	_____	_____
7/2	_____	_____
7/3	_____	_____
7/4	_____	_____
7/5	_____	_____
7/6	_____	_____
7/7	_____	_____
7/8	_____	_____
7/9	_____	_____
7/10	_____	_____
7/11	_____	_____
7/12	_____	_____
7/13	_____	_____
7/14	_____	_____
7/15	_____	_____
7/16	_____	_____
7/17	_____	_____
7/18	_____	_____
7/19	_____	_____
7/20	_____	_____

code name: _____

total points: _____

Date(s)
Completed

Activities

Pts
Earned

7/21

7/22

7/23

7/24

7/25

7/26

7/27

7/28

7/29

7/30

8/1

8/2

8/3

8/4

8/5

8/6

8/7

8/8

8/9

8/10

8/11

8/12

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8/14

8/15

8/16

8/17

8/18

8/19

8/20

8/21

8/22

8/23

8/24

code name: _____



grand total points: _____