**Sequoit Wellness Challenge — Week # 1**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon.** | **Tues.** | **Wed.** | **Thurs.** | **Fri.** | **Sat.** | **Sun.** | **Totals** |
| **Intellectual** |  |  |  |  |  |  |  |  |
| **Nutritional** |  |  |  |  |  |  |  |  |
| **Physical** |  |  |  |  |  |  |  |  |
| **Social** |  |  |  |  |  |  |  |  |
| **Spiritual** |  |  |  |  |  |  |  |  |
| **Bonus** |  |  |  |  |  |  |  |  |
| You may earn one point per wellness area each day. Check the website for the bonus points available each week. You must submit your scores electronically and on time for them to count toward your individual or team total. | | | | | | | | |

**Sequoit Wellness Challenge — Week # 2**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon.** | **Tues.** | **Wed.** | **Thurs.** | **Fri.** | **Sat.** | **Sun.** | **Totals** |
| **Intellectual** |  |  |  |  |  |  |  |  |
| **Nutritional** |  |  |  |  |  |  |  |  |
| **Physical** |  |  |  |  |  |  |  |  |
| **Social** |  |  |  |  |  |  |  |  |
| **Spiritual** |  |  |  |  |  |  |  |  |
| **Bonus** |  |  |  |  |  |  |  |  |
| You may earn one point per wellness area each day. Check the website for the bonus points available each week. You must submit your scores electronically and on time for them to count toward your individual or team total. | | | | | | | | |

**Sequoit Wellness Challenge — Week # 3**

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|  | **Mon.** | **Tues.** | **Wed.** | **Thurs.** | **Fri.** | **Sat.** | **Sun.** | **Totals** |
| **Intellectual** |  |  |  |  |  |  |  |  |
| **Nutritional** |  |  |  |  |  |  |  |  |
| **Physical** |  |  |  |  |  |  |  |  |
| **Social** |  |  |  |  |  |  |  |  |
| **Spiritual** |  |  |  |  |  |  |  |  |
| **Bonus** |  |  |  |  |  |  |  |  |
| You may earn one point per wellness area each day. Check the website for the bonus points available each week. You must submit your scores electronically and on time for them to count toward your individual or team total. | | | | | | | | |

**Sequoit Wellness Challenge — Week # 4**

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|  | **Mon.** | **Tues.** | **Wed.** | **Thurs.** | **Fri.** | **Sat.** | **Sun.** | **Totals** |
| **Intellectual** |  |  |  |  |  |  |  |  |
| **Nutritional** |  |  |  |  |  |  |  |  |
| **Physical** |  |  |  |  |  |  |  |  |
| **Social** |  |  |  |  |  |  |  |  |
| **Spiritual** |  |  |  |  |  |  |  |  |
| **Bonus** |  |  |  |  |  |  |  |  |
| You may earn one point per wellness area each day. Check the website for the bonus points available each week. You must submit your scores electronically and on time for them to count toward your individual or team total. | | | | | | | | |

**Sequoit Wellness Challenge — Week # 5**

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|  | **Mon.** | **Tues.** | **Wed.** | **Thurs.** | **Fri.** | **Sat.** | **Sun.** | **Totals** |
| **Intellectual** |  |  |  |  |  |  |  |  |
| **Nutritional** |  |  |  |  |  |  |  |  |
| **Physical** |  |  |  |  |  |  |  |  |
| **Social** |  |  |  |  |  |  |  |  |
| **Spiritual** |  |  |  |  |  |  |  |  |
| **Bonus** |  |  |  |  |  |  |  |  |
| You may earn one point per wellness area each day. Check the website for the bonus points available each week. You must submit your scores electronically and on time for them to count toward your individual or team total. | | | | | | | | |

**Sequoit Wellness Challenge — Week # 6**

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|  | **Mon.** | **Tues.** | **Wed.** | **Thurs.** | **Fri.** | **Sat.** | **Sun.** | **Totals** |
| **Intellectual** |  |  |  |  |  |  |  |  |
| **Nutritional** |  |  |  |  |  |  |  |  |
| **Physical** |  |  |  |  |  |  |  |  |
| **Social** |  |  |  |  |  |  |  |  |
| **Spiritual** |  |  |  |  |  |  |  |  |
| **Bonus** |  |  |  |  |  |  |  |  |
| You may earn one point per wellness area each day. Check the website for the bonus points available each week. You must submit your scores electronically and on time for them to count toward your individual or team total. | | | | | | | | |