Physical Wellness Sample Schedule

**Bronze**

- 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

**Silver**

- 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

**Gold**

- 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

15-Minute Break

- 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

30-Minute Break

- 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

PM 15-Minute Break

- 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

**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**