

# TAKE 5

## FOR STRONG MINDS CHALLENGE

Check off each day you complete the Strong Minds Weekly challenge for at least 5 minutes.

Use this tracker daily and submit your progress weekly [here](#).



WEEKLY CHALLENGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Do a stress ball activity every day	4/20	4/21	4/22	4/23	4/24	4/25	4/26
Do a strong messaging activity every day	4/27	4/28	4/29	4/30	5/1	5/2	5/3
Do a deep breathing activity every day	5/4	5/5	5/6	5/7	5/8	5/9	5/10
Do a strong stretching activity every day	5/11	5/12	5/13	5/14	5/15	5/16	5/17