

# RESET Challenge 2021: Weeks 1-3



SUN

MON

TUE

WED

THU

FRI

SAT

RESET

31

I moved for 30 min!

**Workout words:**  
IMPROVED  
TRANSFORMED  
IMPROVE  
GROWTH  
CHANGE



1

I moved for 30 min!

2

I moved for 30 min!

**VIRTUAL**  
Defend Together

3

I moved for 30 min!

4

I moved for 30 min!

**VIRTUAL**  
ForeverWell Chair Yoga

5

I moved for 30 min!

6

I moved for 30 min!

**MORNING WALK - 8:30**  
Reforestation Camp  
(meet in upper parking lot)

REFRESH

7

I moved for 30 min!

**Workout words:**  
INVIGORATE  
STIMULATE  
UPDATE  
PERSISTENT  
REVITALIZE



8

I moved for 30 min!

9

I moved for 30 min!

**VIRTUAL**  
Stability & Mobility

10

I moved for 30 min!

11

I moved for 30 min!

**VIRTUAL**  
Strength Train Together

12

I moved for 30 min!

13

I moved for 30 min!

**MORNING WALK - 8:30**  
Wildlife Sanctuary  
(meet in main parking lot)

RECONNECT

14

I moved for 30 min!

**Workout words:**  
COLLABORATE  
TOGETHER  
FAMILY  
COMMUNITY  
FRIENDS



15

I moved for 30 min!

16

I moved for 30 min!

**VIRTUAL**  
Zumba

17

I moved for 30 min!

**VIRTUAL GAMES**  
10:30 am

18

I moved for 30 min!

**VIRTUAL**  
Slow Flow Yoga

19

I moved for 30 min!

20

I moved for 30 min!

**MORNING WALK - 8:30**  
Baird Creek  
(meet in large parking lot near  
east end of BC Parkway)

# RESET Challenge 2021: Weeks 3-6



SUN

MON

TUE

WED

THU

FRI

SAT

REPLAY

21

I moved for 30 min!

**Workout words:**  
LAUGHTER  
REPETITION  
PLAYBACK  
COMPETITION  
REPEAT



22

I moved for 30 min!

**GEOCACHING**

Coordinates released at  
4:00 pm

23

I moved for 30 min!

**VIRTUAL**

Balance & Flex

24

I moved for 30 min!

**GEOCACHING**

Coordinates released at  
4:00 pm

25

I moved for 30 min!

**VIRTUAL**

Zumba

26

I moved for 30 min!

27

I moved for 30 min!

**MORNING WALK - 8:30**

Barkhausen  
(meet at main building)

REINVEST

28

I moved for 30 min!

**Workout words:**  
DIVIDENDS  
ORGANIZED  
REESTABLISH  
PLANNING  
GIVE BACK



1

I moved for 30 min!

2

I moved for 30 min!

**VIRTUAL**

ForeverWell Chair  
Strength

3

I moved for 30 min!

4

I moved for 30 min!

**VIRTUAL**

Balance & Flex

5

I moved for 30 min!

6

I moved for 30 min!

**MORNING WALK - 8:30**

UWGB Arboretum  
(meet at lot near Community)

RESTORE

7

I moved for 30 min!

**Workout words:**  
STRENGTHEN  
HEAL  
RECOVER  
RECHARGE  
STRONG



8

I moved for 30 min!

9

I moved for 30 min!

**VIRTUAL**

Strength Train Together

10

I moved for 30 min!

11

I moved for 30 min!

**VIRTUAL**

Slow Flow Yoga

12

I moved for 30 min!

13

I moved for 30 min!

**MORNING WALK - 8:30**

He Nis Ra Park  
(meet at main entrance lot)