This Road Trip is awesome! Are you having fun? Help us move our Wellness Bus closer to our final destination, Washington DC, by completing and logging your wellness activities! Visit the schools’ [wellness website](#) for more info.

This week we are going to really dig in to Designing Our Goals. "People with goals succeed because they know where they're going." Earl Nightingale

No matter what you choose to do this week for your mind, body and spirit, be sure to [log your activities in the Qualtrics form](#) to be entered in the raffle to win weekly prizes!

Your suggested Challenge Tasks this week are:

**FITNESS:**
- Start your day with 4-5 minutes of exercise on at least TWO different days.
- ONE day this week do an activity outdoors that you enjoy; walk with a friend, ride a bike, play tennis, etc.

**NUTRITION:**
- This week we challenge you to eat a nutritious breakfast on at least FOUR different days.

**MENTAL/ MINDSET:**
- This week we will be designing our goals. Take a moment to reflect on the different areas of your life; career, finances, health, family, recreation, etc. Are there areas of your life that need more of your attention?

**REST & RECOVERY/ De-STRESS:**
- We challenge you to use a tennis ball (or something similar) and take a time-out each day to roll out your feet. Aaaaaaah, poor man’s massage.

**SOCIAL/ HAPPINESS:**
- Your suggested task this week, after you have written your goals, is to read through them every morning upon waking and each night before going to bed.