

# Wellbeing Balance

MON	TUES	WED	THUR	FRI	SAT	SUN
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> <li> Meditation</li> <li> 5 min</li> </ul>	<p> <u>Stretch</u></p> <ul style="list-style-type: none"> <li> Stretch &amp; restore</li> <li> 6 min</li> </ul>	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> <li> Healthy eating</li> <li> 11 min</li> </ul>	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> <li> Kickboxing</li> <li> 56 min</li> </ul>	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> <li> Sleep</li> <li> 9 min</li> </ul>	<p> <u>Strength</u></p> <ul style="list-style-type: none"> <li> Bootcamp</li> <li> 27 min</li> </ul>	<p> <u>Lifestyle</u></p> <ul style="list-style-type: none"> <li> Strength training</li> <li> 9 min</li> </ul>
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> <li> Meditation</li> <li> 10 min</li> </ul>	<p> <u>Yoga</u></p> <ul style="list-style-type: none"> <li> Yoga</li> <li> 23 min</li> </ul>	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> <li> Healthy eating</li> <li> 8 min</li> </ul>	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> <li> Walking</li> <li> 34 min</li> </ul>	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> <li> Mental health</li> <li> 9 min</li> </ul>	<p> <u>Strength</u></p> <ul style="list-style-type: none"> <li> Bodyweight</li> <li> 31 min</li> </ul>	<p> <u>Lifestyle</u></p> <ul style="list-style-type: none"> <li> Life coaching</li> <li> 5 min</li> </ul>
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> <li> Meditation</li> <li> 11 min</li> </ul>	<p> <u>Yoga</u></p> <ul style="list-style-type: none"> <li> Yoga</li> <li> 9 min</li> </ul>	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> <li> Education</li> <li> 7 min</li> </ul>	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> <li> Bodyweigh</li> <li> 20 min</li> </ul>	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> <li> Sleep</li> <li> 8 min</li> </ul>	<p> <u>Strength</u></p> <ul style="list-style-type: none"> <li> Core</li> <li> 42 min</li> </ul>	<p> <u>Lifestyle</u></p> <ul style="list-style-type: none"> <li> Educational</li> <li> 22 min</li> </ul>
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> <li> Stress management</li> <li> 3 min</li> </ul>	<p> <u>Yoga</u></p> <ul style="list-style-type: none"> <li> Yoga</li> <li> 25 min</li> </ul>	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> <li> Healthy eating</li> <li> 1 min</li> </ul>	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> <li> Dance</li> <li> 14 min</li> </ul>	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> <li> Physical therapy</li> <li> 6 min</li> </ul>	<p> <u>Strength</u></p> <ul style="list-style-type: none"> <li> Stability &amp; Balance</li> <li> 36 min</li> </ul>	<p> <u>Lifestyle</u></p> <ul style="list-style-type: none"> <li> Life coaching</li> <li> 4 min</li> </ul>
<p> <u>Mindfulness</u></p> <ul style="list-style-type: none"> <li> Meditation</li> <li> 10 min</li> </ul>	<p> <u>Yoga</u></p> <ul style="list-style-type: none"> <li> Yoga</li> <li> 21 min</li> </ul>	<p> <u>Nutrition</u></p> <ul style="list-style-type: none"> <li> Healthy eating</li> <li> 3 min</li> </ul>	<p> <u>Cardio</u></p> <ul style="list-style-type: none"> <li> Bodyweight</li> <li> 59 min</li> </ul>	<p> <u>Clinical</u></p> <ul style="list-style-type: none"> <li> Mental health</li> <li> 10 min</li> </ul>	<p> <u>Strength</u></p> <ul style="list-style-type: none"> <li> Upper body</li> <li> 36 min</li> </ul>	<p> <u>Lifestyle</u></p> <ul style="list-style-type: none"> <li> Walking</li> <li> 2 min</li> </ul>

2025