

# Step in and **STEP OUT**

## MAY DAILY POINT SHEET

Complete the mini-challenge in each daily post!

### DAY 1

25 POINTS

Introduce yourself!  
Share what you're excited about and a selfie!

### DAY 2

15 POINTS

Evaluate the status of your own mental health.

### DAY 3

10 POINTS

What mental health strategy would help you the most?

### DAY 4

15 POINTS

Aim for 7,000 steps each day this week, starting today!

### DAY 5

5 POINTS

Identify someone you want to help take better care of themselves.

### DAY 6

15 POINTS

How do you struggle with equating weight to health?

### DAY 7

10 POINTS

Take a few minutes to create your definition of health.

### DAY 8

10 POINTS

How do you track and measure progress with your health?

### DAY 9

15 POINTS

How often do you think about your long-term health?

### DAY 10

5 POINTS

How can you work on enjoying your health journey more?

### DAY 11

10 POINTS

Aim for 8,000 steps each day this week, starting today!

### DAY 12

10 POINTS

Start modeling and talking about self-care to the children in your life!

### DAY 13

15 POINTS

How can you tell the difference between stress and burnout?

### DAY 14

10 POINTS

Have you ever experienced any signs and effects of burnout?

### DAY 15

15 POINTS

What risk factors make you more likely to experience burnout?

### DAY 16

10 POINTS

Do at least one thing to slow down today.

### DAY 17

5 POINTS

Share a boundary you will create starting today.

### DAY 18

10 POINTS

Aim for 9,000 steps each day this week, starting today!

### DAY 19

15 POINTS

Work on creating a family self-care plan!

### DAY 20

15 POINTS

How much attention do you pay to your foot health?

### DAY 21

15 POINTS

Do you prefer to go barefoot or to wear shoes?

### DAY 22

10 POINTS

Evaluate your current shoes that you wear most often.

### DAY 23

10 POINTS

Do at least one of these foot-care practices today.

### DAY 24

15 POINTS

Do at least one foot exercise today.

### DAY 25

20 POINTS

Aim for 10,000 steps each day this week, starting today!

### DAY 26

15 POINTS

Find a way to practice social self-care.

### DAY 27

15 POINTS

Evaluate your own level of confidence and how it affects you.

### DAY 28

15 POINTS

What fear or anxiety is holding you back and how can you start to face it?

### DAY 29

10 POINTS

Write a positive affirmation for a fear or anxiety you are struggling with.

### DAY 30

20 POINTS

Do something today to start turning the wheel and build momentum.

### DAY 31

10 POINTS

Reframe a negative thought into a confident, positive thought today.

WHEN COMPLETE, PLEASE ADD UP ALL YOUR POINTS AND SUBMIT THIS SHEET TO ME!

TOTAL CHALLENGE POINTS: