

21 DAY RE-BOOT

99 WAYNE GRETZKY
SPORTS CENTRE



Weekly Progress



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FRIDAY	SATURDAY	SUNDAY	GOAL:
			Fitness
			Nutrition
			Wellness
			<p>Aim for 12 entries on your progress chart each week. Four from each category. You've got this!</p>

21 DAY RE-BOOT

Planning ahead can help set you up for success. Take a moment to sit down and write out your fitness goals for the week on the tracker. Then check it off as you go. Here are some ideas to inspire you!



LIST OF IDEAS

- Schedule in one WGSC fitness classes from this week's schedule
- Re-do your favourite WGSC fitness class video
- Complete the "Fitness Challenge of the Day"
- Design an at-home work-out for yourself
- Complete 30+ minutes of cardio training (any kind!)
- Complete 20+ minutes of strength or resistance
- Complete 15+ minutes of stretching or try some yoga
- Turn on your favourite jams and dance for 15 minutes
- Go for a walk, hike or run to hit your step goal for the day
- Take a lunch time movement break to reset your body and mind
- Do your physiotherapy exercises
- Do a balance test each day this week
- Start your mornings this week with a 15 minute walk in your neighbourhood
- Add up your minutes of house chores (shoveling snow, vacuuming, etc)
- Try a fitness app – there are many free ones that provide work-outs, tracking, etc.



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Planning ahead can help set you up for success. Take a moment to
down and write out your nutrition goals for the week on the tracker.
Then check it off as you go. Here are some ideas to inspire you!

Nutrition

LIST OF IDEAS

- Try simple meal and snack prep hacks, like washing and cutting up fruits and vegetables so that they are ready to go when need them.
- Try one of the nutrient-dense recipes that we share.
- Drink 8 cups of water
- Eat only whole foods as snacks today
- Eat at least one meal that is entirely whole foods today
- Plan a meal with 5 different colours of foods on your plate
- Cut back on caffeine
- Try a “Meatless Monday”
- Try fruit for dessert
- Set aside time to plan and prep your meals in advance for 2-3 days.
- Calculate your personal calorie requirements and plan accordingly
- Calculate your personal protein requirements
- Learn about proper portion sizes and practice them
- Eat slowly and remove distractions like TV and phones
- Incorporate healthy fats into your meals
- Track your sodium in-take and modify as needed
- Order less take out, or explore local options that offer healthy meals
- Incorporate more fiber



21 DAY RE-BOOT

Planning ahead can help set you up for success. Take a moment to sit down and write out your wellness goals for the week on the tracker. Then check it off as you go. Here are some ideas to inspire you!



LIST OF IDEAS

- Enjoy reading for pleasure
- Do some gentle exercise outdoors, like walking, hiking, or bird watching.
- While you're outside, stop for a moment and enjoy the senses of nature around you.
- Start a gratitude journal and write down the things you are thankful for each day
- Do a craft, make art, play music, or enjoy any kind of creative outlet
- Help someone today
- Listen to music that makes you happy
- Try meditation or breathing techniques before bed
- Go to bed 1 hour earlier tonight
- Try something new today
- Do one thing that you have been putting off today
- Take a digital break and unplug for a set period of time
- Create a mantra for this week – something to keep you inspired and focused.
- Check in on a friend today or call someone that you love
- Look back at photographs that remind you of good times and happy memories

