

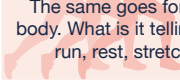



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5</b>	<b>Mindful Minute</b> Set a timer for 60 seconds. Count your breaths on the exhale until the timer sounds. 	<b>MVP</b> What gives you the Courage to Run? Claim your Motivating Vision for Politics in 6 words or less.	<b>Walk or Run 1 mile</b>	<b>Day of Rest</b>	<b>Hey DJ</b> Choose a running song. Make sure it is upbeat and makes you feel flipping amazing (bc, PS, you are!).	<b>Name It, Tame It.</b> Do you fight-flee-freeze- or fire up when stressed? Choose an "in the moment" strategy to tame the energy.	<b>Walk or Run 1 mile</b>
<b>4</b>	<b>Unplug</b> Step away from the tech for 15 minutes, and recharge for race day.	<b>Play</b> Take 15 minutes and just play: a game with your kiddo, dance like no one is watching ... hopscotch.	<b>Walk or Run 1.5 miles</b> 	<b>#Me4We</b> Choose one word that describes you as a leader. Choose one word that describes your contribution to our democracy. Breathe them in and out as a mantra.	<b>Day of Rest!</b>	<b>Mindful Minute</b> For today, take two minutes – and enjoy!	<b>Walk or Run 1.5 miles</b>
<b>3</b>	<b>Nature Up</b> Go outside and soak in the sky for two minutes. Bonus: Put plants in your campaign space to up energy, positivity and connectivity.	<b>Get In the Zone</b> Create a simple ritual to "get in the zone" before big events. Listen to music, take a mindful minute, say a personal mantra.	<b>Walk or Run 2 miles</b>	<b>Actively Listen</b> Focus entirely on others who are talking. Soak in their verbal & nonverbal messages. Just listen. The same goes for your body. What is it telling you: run, rest, stretch? 	<b>Mindful Minute</b> Go for it! Take three minutes. So good!	<b>90 Sec Release</b> Set a timer for 90 seconds. Write out (or shout out) everything weighing on you. When the buzzer sounds, carry on.	<b>Walk or Run 2 miles</b>
<b>2</b>	<b>Be Good to Yourself</b> Do something special – just for you.	<b>3 Good Things</b> Write down three good things about your day from now to the 5K.	<b>Walk or Run 3 miles</b>	<b>Day of Rest</b>	<b>Remote Control</b> Ask yourself what a challenging situation is teaching you.	<b>H2O</b> Drink one glass of water for each phonebank or walk sheet. 	<b>Walk or Run 3 miles</b>
<b>1</b>	<b>Day of Rest</b>	<b>Flex That Strength</b> Use one of your strengths in a different and unique way.	<b>Walk or Run 1.5 miles</b>	<b>Inspiration Structure</b> Find or take a picture of what inspired you to get involved in politics. Keep it on your smartphone and look at for 60 seconds to refuel your motivation.	<b>5 Good Deeds</b> Do five totally random asks of kindness. Bonus: Include strangers.	<b>High Five</b> ... five people on the campaign trail or in the office. Bonus: Say "You rock!" or "thank you" at the same time – and mean it.	<b>COURAGE TO RUN 5K!!!</b> 