







Mission Category	Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Totals
 <b>Vulcan Mindfulness &amp; Mental Clarity</b>									
<a href="#">Four Pebble Meditation</a> <a href="#">Vulcan Guided Meditation 2-Minute</a> <a href="#">Vulcan Candle Meditation</a>	Meditation / Journaling / Mindful Breathing - (10–15 min = 15 pts / 20+ min = 25 pts)								
	<b>Extra Points:</b> Vulcan Guided Meditation - (10 pts)								
	<b>Extra Points:</b> Two-minute Vulcan Candle Meditation - (10 pts)								
	Brain Engagement App, Board Game, Puzzles - (10 pts / 10 min)								
	Reading or Audiobook with no multi-tasking - (10 pts / 10 min)								
	No Screens Time - (2 pts/hr or 48 pts/full day)								
 <b>Deanna's Mental Health Wellness</b>									
A. Deanna's Relaxation Program									
	Guided Walk / Relaxation Stroll - (15 pts / 15 min)								
	Music from Risa - (10 pts / 10 min)								
	Sensory Wellness - (10pts / 10 min)								
	Creative Expression - (10 pts / 10 min)								
	Soothing Bath Soak (20 pts)								
	Sauna / Hot Tub - (15 pts)								
	Interstellar Kindness (10 pts / note)								
B. Counselor Troi's Emotional Wellness Toolkit									
	Emotional Check-in / Mood Tracking - (10 pts/day)								
	Sharing Feelings - (10 pts/day)								
	Stargazing / Nature Immersion - (10 pts / 10 min)								
	Pet company - (10 pts / 10 min)								
Mindfulness & Mental/Emotional Health Section Total =									

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 <b>Neelix's Nutrition Mission</b>									
	Each Healthy Meal - (10 pts / meal)								
	Replicator Reset - (10 pts)								
	Color Spectrum Plate - (15 pts)								
	Try Alien Cuisine - (15 pts)								
	Sharing photo/description on Facebook or Discord - (5 pts / day)								
	Neelix's Gut Health - (5 pts /day)								
	<b>Nutrition Section Total =</b>								
 <b>Starfleet Bootcamp</b>									
<a href="#">Mok'bara</a> <a href="#">Eight Brocades</a>	<b>Warp Core Circuits (Cardio) - Walking/Biking/Swimming/Paddling</b>								
	0.8 km (0.5 mile) or 10 mins = 10 pts								
	2.4 km (1.5 miles) or 30 mins = 30 pts								
	4.8 km (3 miles) or 60+ mins = 70 pts								
	30 min of sustained heart-raising activity = 30pts/session								
	<b>Holodeck Training Program (Strength)</b>								
	Gym/Home Workout: 20-30 mins = 25 pts 45+ min = 40 pts								
	Adaptive Fitness Videos: 20-30 mins = 20 pts 45+ mins = 40 pts								
	<b>Klingon Mok'bara (Flexibility &amp; Mobility)</b>								
	Yoga / Pilates / Stretching = 10 pts / 10 min								
	Chair Yoga or Seated Streching = 10 pts / 10 min								
	<b>Extra Points:</b> Klingon Practice of Mok'bara - (10 pts)								
	<b>Extra Points:</b> Eight Brocades - Qigong Movement - (20 pts)								
	<b>Bootcamp Section Total =</b>								

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 <b>Phlox's Sleep Logs &amp; Hydration Missions</b>									
	7+ Hours Sleep/session - (10 pts / night or session)								
	Consistent Bed/Wake Time - (20 pts / day)								
	No food close to bedtime - (10 pts / day)								
	No Screens 1 hr Before Bed - (20 pts / day)								
	Drink 32 oz Water - (32 pts /day) [8 pts / bottle]								
	No caffeine one hour before bed - (10pts / day)								
	<b>Sleep &amp; Hydration Section Total =</b>								
 <b>Ten-Forward Fun &amp; Community</b>									
	Virtual Trek Trivia / Storytelling Night - (20 pts / participation)								
	Attend Group Event - (20 pts / event)								
	Wear Trek Gear During Exercise - (10 pts)								
	Share Trek Pun / Photo - (5 pts)								
	Weekly Wellness Log posted - (20 pts)								
	Captain's Log Audio Update - (25 pts)								
	<b>10-F Community &amp; Fun Section Total =</b>								
<b>WEEKLY GRAND TOTAL --</b>									