

Mission Category	Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Totals
 Vulcan Mindfulness & Mental Clarity									
Four Pebble Meditation	Meditation / Journaling / Mindful Breathing - (10–15 min = 15 pts / 20+ min = 25 pts)								
Vulcan Guided Meditation	Extra Points: Vulcan Guided Meditation - (10 pts)								
2-Minute Vulcan Candle Meditation	Extra Points: 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)								
 Deanna's Mental Health Wellness									
<i>A. Deanna's Relaxation Program</i>	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)								
<i>B. Counselor Troi's Emotional Wellness Toolkit</i>	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 =								

Mission Category	Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Totals
 Neelix's Nutrition Mission	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)								
	Nutrition Section Total =								
 Starfleet Bootcamp	Warp Core Circuits (Cardio) - Walking/Biking/Swimming/Paddling								
	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								
	Holodeck Training Program (Strength)								
	Gym/Home Workout:								
	20-30 mins = 25 pts								
	45+ min = 40 pts								
	Adaptive Fitness Videos:								
	20-30 mins = 20 pts								
	45+ mins = 40 pts								
	Klingon Mok'bara (Flexibility & Mobility)								
	Yoga / Pilates / Stretching = 10 pts / 10 min								
	Chair Yoga or Seated Streching = 10 pts / 10 min								
<u>Mok'bara</u> <u>Eight Brocades</u>	Extra Points: Klingon Practice of Mok'bara - (10 pts)								
	Extra Points: Eight Brocades - Qigong Movement - (20 pts)								
	Bootcamp Section Total =								

WEEK

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