



# Aspire Wellness Challenge

**ASPIRE TO BE AN ATHLETE**

Use the Aspire wellness challenge to boost your practice and become a stronger athlete and figure skater. Write down your goal completion date below and fill in each box as you complete it. Aim to complete this challenge in one month.

**Remember:** The boxes don't need to be completed in order, and don't attempt to complete it in one day or one week! This challenge is meant to last about a month.

Today's date: \_\_\_\_\_

Goal completion date (at least one month from today): \_\_\_\_\_

20-25 pushups	Make yourself a healthy snack	Stretch for 20 minutes five nights in a row	Time yourself! See how fast you can skate a lap around the rink	Three 30-second planks (15 second rest in between)
2.5-minute jump rope without stopping	10 spins with at least five revolutions	10 spirals: five on each leg	20 minutes of cardio off the ice or active play	Half-mile run twice in one week
Every single jump you've learned three times	10-15 minutes on a jump you haven't landed yet	10 different skills you've passed two times each	8-9 hours of sleep three nights in a row	30 minutes of cardio off the ice or active play
10-15 minutes on a challenging jump	10-15 minutes on a challenging spin	10-15 minutes on skating skills	20 minute at-home strength workout	8-9 hours of sleep five nights in a row