




## Daily Code Checklist

Write your code words down for the day in the chart below (this includes pre-recorded and live). Please visit the TBC calendar for the latest live schedule. Do not forget to submit by 9:00 a.m. the following day to earn points.



CHALLENGE	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FITNESS</b> 	<b>WEEK 1</b> October 19 - October 23					
	<b>WEEK 2</b> October 26 - October 30					
	<b>WEEK 3</b> November 2 - November 6					
	<b>WEEK 4</b> November 9 - November 13					
<b>MINDFULNESS</b> 	<b>WEEK 1</b> October 19 - October 23					
	<b>WEEK 2</b> October 26 - October 30					
	<b>WEEK 3</b> November 2 - November 6					
	<b>WEEK 4</b> November 9 - November 13					


CHALLENGE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>NUTRITION &amp; HYDRATION</b> 				
<b>SONA STRIDE</b> DISTANCE IN MILES				

*Go to the next page  
for weeks 5-8!*

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Write your code words down for the day in the chart below (this includes pre-recorded and live). Please visit the TBC calendar for the latest live schedule. Do not forget to submit by 9:00 a.m. the following day to earn points.

CHALLENGE	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FITNESS</b> 	<b>WEEK 5</b> November 16 - November 20					
	<b>WEEK 6</b> November 23 - November 27					
	<b>WEEK 7</b> November 30 - December 4					
	<b>WEEK 8</b> December 7 - December 11					
<b>MINDFULNESS</b> 	<b>WEEK 5</b> November 16 - November 20					
	<b>WEEK 6</b> November 23 - November 27					
	<b>WEEK 7</b> November 30 - December 4					
	<b>WEEK 8</b> December 7 - December 11					

CHALLENGE	WEEK 5	WEEK 6	WEEK 7	WEEK 8
<b>NUTRITION &amp; HYDRATION</b> 				
<b>SONA STRIDE</b> DISTANCE IN MILES				

Do not forget to submit your distance results for the SONA Stride Challenge on Monday.