**Create Your Own**

Create a routine that includes

8 activity intervals in 6 minutes with

30 seconds of exercise and 15 seconds of rest.

Roll the die. Then, complete the 30-second exercise interval that matches the number rolled on the die.

Include 3 TYPES of exercises on your challenge list: Aerobic, Muscular Fitness, Mindfulness.

**CYO CHALLENGE CHART**

|  |  |  |
| --- | --- | --- |
| **1 –** |  | (Aerobic / Vigorous Intensity) |
| **2 –** |  | (Mindfulness / Low Intensity) |
| **3 –** |  | (Muscular Fitness / Vigorous Intensity) |
| **4 –** |  | (Muscular Fitness / Moderate Intensity) |
| **5 –** |  | (Aerobic / Vigorous Intensity) |
| **6 –** |  | (Mindfulness / Low Intensity) |

**SELF-TALK DISCUSSION**

*Write your own self-talk discussion question and then write your answer…*