

Corona Quarantine Scorecard

How to Play:

1. Participate in as many of the activities as possible

2. Mark them off as you achieve them and tag us on social media @Stubbendieck Chiropractic #quarantinefun!

3. Stay connect with us on social media as Random Scorecard WINNERS will be announced!

4. Have a blast!

Get 20 minutes of physical activity (or join our virtual classes)	Write a letter to a friend/family member	Have a dance party! We can't wait to see your videos :)	Drink 1/2 your body weight in ounces...yes, half!	Write a list of 5 things you are grateful for.
Clean out your car	Watch a sunrise or sunset.	Take 4 intentional deep breaths.	Watch a favorite movie.	Connect with a friend on Facetime/ Skype.
Do 10 push-ups, 10 air squats, or 10 stepping high knees	Take 5 minutes to sit outside and look at the stars	Share a health tip on FB & tag our office	Write down 5 things you appreciate about yourself.	Get 20 minutes of physical activity (or join our virtual classes)
Like us on Facebook	Text a friend or family member something you appreciate about them	Post an idea on our FB for an upcoming event or challenge you would like	Try a new recipe	Follow us on Instagram
Eat an extra vegetable serving	Do a creative project	Get adjusted!	Clean out a drawer or closet	Write 4 things that you are grateful for regarding the quarantine