

# Intentional Winter Reset

Track my progress points

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## WEEK 1 CHALLENGE

Wake up within the same 30 minutes every day.

MON  TUES  WED  THURS  FRI  SAT  SUN

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## WEEK 2 CHALLENGE

Make one sensory upgrade.

MON  TUES  WED  THURS  FRI  SAT  SUN

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## WEEK 3 CHALLENGE

20 minutes of movement, before dark.

MON  TUES  WED  THURS  FRI  SAT  SUN

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## WEEK 4 CHALLENGE

Check-in with someone.

MON  TUES  WED  THURS  FRI  SAT  SUN

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## WEEK 5 CHALLENGE

10-minute wind-down.

MON  TUES  WED  THURS  FRI  SAT  SUN

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## How To Participate

For a chance to win, reply to any marketing email after each completed challenge with a photo of your progress tracker.

Each completed week counts as an entry, and you could win \$500 worth of Endy products.

Good luck and have fun!

**ENDY**