



Spartan Wellness

Hi Julia.

Here's your wellness plan for today:

Workouts

Nutrition

Events

Dashboard

Dashboard

Based on your stress levels and recent activity, here's what I recommend:

Start Routine

Tip: Add grilled chicken to balance your lunch today

Wellness Check

Wellness

How are you feeling?

😊 😐 😞 😡

Stress Level

Counseling and Psychiatric Services

Meditation for Stress Relief

Nutrition

Today's Intake

Calories Carbs Protein Fat

View Log

Log Meals

Events

Tomorrow:

Yoga on the lawn 10am-12pm

IM Circle-5pm

1643 Nutrition Workshop

Brody 120-7pm

165: Cycling

IM West - 6am

Spartan 5K

Sign up

Events

Workout

Intermediate

Estimated: 15 minutes

Plank 4 x 30sec

Sit-ups 3 x 15

V-ups 3 x 15

Crunch 3 x 20

Need easier/harder?

easier Harder

Progress

Workouts

Progress

Activity

Week 1 Week 2 Week 3 Week 4

Streak - 9 days!

Weekly Article: How to stay motivated

Progress