

# TEXAS A&M AGRILIFE EXTENSION



# #aMAYzingMeChallenge

Join us for the #aMAYzingMeChallenge during the month of May. Click on each day's description and it will link to a short video or resource that supports you in achieving the daily challenge. These challenges were developed by Family & Community Health agents to help YOU focus on what's important during the pandemic, while staying safe. We encourage you to share personal photos, videos or comments of your daily accomplishments by using #aMAYzingMeChallenge.

SPIRITUAL SUNDAY	MINDFULNESS MONDAY	TASTY TUESDAY	WELLNESS WEDNESDAY	THRIFTY THURSDAY	PHYSICAL FRIDAY	SOCIAL SATURDAY
					1. Flexibility Friday	2. Host a virtual social hour.
3. Start a 30 days of gratitude jar.	4. Digital Detox	5. Taco Tuesday	6. MyPlate Debate	7. DIY Household Disinfecting Solution	8. 10K Steps	9. Watch Out with Friends
10. Personal Reflection	11. Mindful Eating	12. Tasty Summertime Treat	13. Focus on fruits and veggies.	14. Dining @ the Dollar Store	15. Bike it out!	16. Reconnecting Relationships
17. Sounds of Inspiration	18. One With Nature	19. Strawberry Smoothie Parfait	20. Go Lean with Protein	21. Penny Pinching Bread	22. Fun Friday Dance Off!	23. Family Mealtime
24. Motivational Minutes Sleep 31. Tight Tonight	25. Mindful Living Coping with Stress	26. Waldorf Apple Salad	27. Go Whole, Go Low!!!	28. Canned, Fresh, or Frozen?	29. Don't be a Couch Potato.	30. Senior Saturday