



16 Wing and CFB Borden Present:

CHIEFS' READINESS CHALLENGE



NOVEMBER 2026

Daily Habits

HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	TOTAL
Sleep 7+ hours (1 pt)																															
Read 30+ mins (1 pt)																															
Drink 2-3+ L of water (1 pt)																															
Walk/jog/run 7000+ steps (1 pt)																															
Maintain a well-balanced diet (1 pt)																															
Complete 5+ micro-workouts (1 pt)																															
Abstain from consuming alcohol, nicotine, cannabis* (1 pt)																															

Weekly Habits

HABIT	Week 1	Week 2	Week 3	Week 4	Week 5	TOTAL
Kms walked, jogged or run (1 pt per)						
150 Minutes of moderate to vigorous** aerobic physical activity/ week (10 pts)						
3 + Muscle strengthening activities using major muscle groups (10 pts)						

Monthly Habits

HABIT	TOTAL
Participate in 1+ team sport activity (10 pts)	
Volunteer in 1+ community or military community event (20 pts)	
Read 1+ complete novel/book (10 pts)	



Scan for monthly bonus challenges

Notes:

Bonus Points:

*unless medically prescribed
**You are breathing faster/heavy, but not completely out of breath, and may start sweating in only a few minutes

MIND•BODY
BATTLE READY

Points Total: