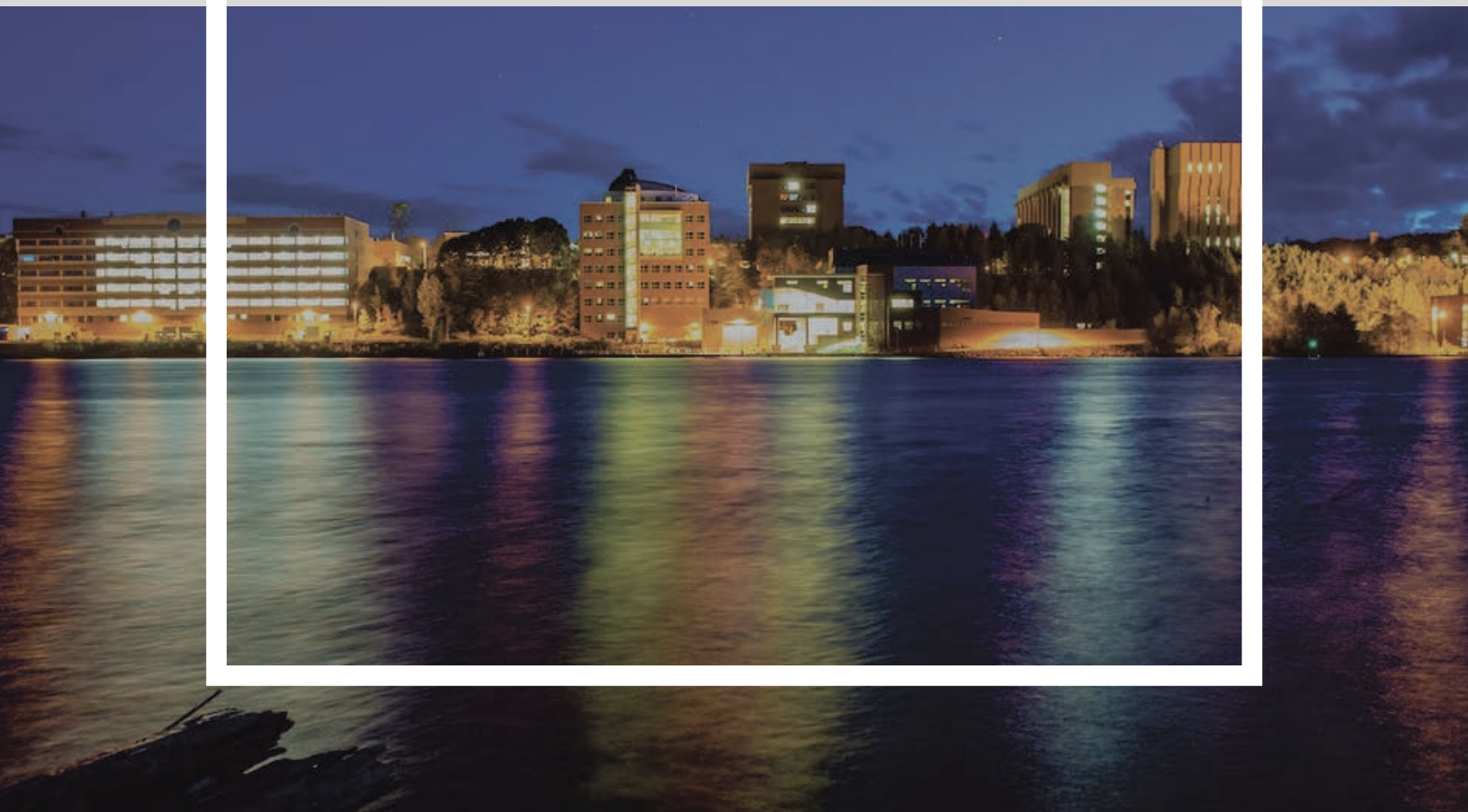


**MICHIGAN
TECHNOLOGICAL
UNIVERSITY**

ISOLATION / QUARANTINE DAILY PLAN

**BROUGHT TO YOU BY:
THE CENTER FOR STUDENT MENTAL
HEALTH AND WELL-BEING**





GENERAL TIPS

So, you're in a 10-day isolation period after testing positive, or you're quarantining for 14 days after being exposed to someone with COVID-19, but you're feeling fine (or had some symptoms, but are ready for some action)... what do you do?

Here are some tips and a 14-day schedule from the center for student mental health and well-being to keep yourself balanced, even when you're stuck at home. Pick and choose from our [Be Well](#) menu of daily activities to keep every day new and exciting.

GENERAL TIPS

- Stick to a schedule.
- Attend your classes daily - even if they're recorded.
- Create a routine for completing your work, try scheduling things at specific times in Google Calendar or your planner.
- Utilize the resources available to you (we'll tell you all about them!).
- Connect with others virtually as much as you can.
- Alone time is something you might not have normally, try to focus on the positives and enjoy some time to yourself.
- 14 days may seem like a long time right now, but it will be over before you know it!
- If you're in quarantine, **not isolation**, remember, you can get outside for 2 hours a day to get some fresh air - just ask your REC or campus contact for guidelines!

RESOURCES

- If you live on-campus, you should already have a professional staff member assigned to you. If you don't have one, contact housing@mtu.edu.
- If you live off-campus and need something, please contact deanofstudents@mtu.edu.
- [Public Safety and Police Services](#): 906-487-2216
- [Student Mental Health](#): 906-487-2538 or counseling@mtu.edu
- Check the [virtual engagement calendar](#) for daily events.
- Check out the app JoyRun that lets you get the things you need without leaving your home/dorm room
- Hop on the Zoom mtg. for quarantined/isolated students. M-F @ 7PM. <https://michigantech.zoom.us/j/95352390651> Password: 12345



THE BASICS

PLAN FOR THE BASICS

WHAT DO YOU NEED TO DO?

Take a moment to write down a To-Do list of important things you need to take care of during this time.

MEDICATIONS

DO YOU NEED REFILLS?

Make sure you have at least a 14 day supply all of your regular medications. Call your doctor/pharmacy to make arrangements as needed.

APPOINTMENTS

DO YOU NEED TO RESCHEDULE ANYTHING?

If you have any appointments or meetings scheduled for the next 14 days, reschedule them or change them to remote meetings.

GROCERIES

DO YOU NEED FOOD DELIVERED?

If you do not have a 14-day food supply in your living space, set up a drop-off delivery system with a friend or contact [HuskyFAN](#). If you live in the halls, contact your assigned Residence Education Coordinator.

COOKING

PLAN FOR HEALTHY MEALS

If you're in the dorms, we've got you covered. If not, here's a great list of sites for healthy, easy meals.

- [Healthy Alternatives](#)
- [For Beginners \(and garlic lovers\)](#).
- [On a Budget](#)
- [Meal Preppers](#)

LAUNDRY

DO YOU USE A COMMUNAL LAUNDRY SPACE?

If you have your own washer and dryer, great! If you live with others and/or share a washer and dryer with other people, do not do laundry while you are quarantined.

ABSENCES

NOTIFY PROFESSORS / SUPERVISORS

Notify professors of absences if you have any in-person classes or labs. If you have a job, be sure to let your boss know you won't be at work.

GROUPS

NOTIFY GROUPS YOU BELONG TO

Remember to notify study groups, lab partners, student organizations, and any other groups you may be a part of that you will not be able to meet them in person.



FUN(?) STUFF

BINGE-WORTHY NETFLIX SHOWS

- Tiger King: Murder, Mayhem and Madness
- Ozark
- Outer Banks
- Avatar: The Last Airbender
- Love is Blind
- Away
- Cobra Kai
- Lucifer
- The Haunting of Hill House
- Parks and Recreation
- Cursed
- The Umbrella Academy
- The Last Dance
- Dark
- Unsolved Mysteries
- New Girl
- All American
- Jeffrey Epstein: Filthy Rich
- Space Force
- Dead to Me
- Halt and Catch Fire
- Hannibal
- The Witcher
- Queer Eye
- The Office
- Peaky Blinders
- Stranger Things
- Dear White People
- Mindhunter

ONLINE 'RABBIT-HOLES'

Start with: what is a 'rabbit-hole' anyway? [Here's a little history on what it means to "stumble into a bizarre and disorienting alternate reality."](#) #COVID?

Follow your own rabbit-hole path. Just get started by Googling something you want for your next birthday (let's go big - dream birthday present, here). Do some research, see where you end up!

Not into b-day presents? Try searching sleeping puppies, babies eating lemons, or Minecraft on YouTube.

Still not sucked in? Try the 'Random Article' link on [Wikipedia](#) and see where it takes you. Hey - you just might learn something today!



DAY 1

CONNECT WELL

GET IN TOUCH

Set up regular times to call your loved ones throughout quarantine. It helps to have a call or Facetime to look forward to daily or every couple of days.

TALK TO ROOMMATES/RA/HOUSEMATES

Make a plan for living together, but also make a plan to spend some time doing fun things - even if they're virtual from the bedroom next door!

CHECK OUT HUSKY HOUR

Check out this week's Husky Hours (Tuesdays and Wednesdays from 4-5pm). Bonus - earn prizes for attending multiple sessions!
mtu.edu/huskyhour

DROP IN TO LET'S TALK

Connect at one of these informal [counseling sessions](#) on Tuesdays, Wednesdays, and Thursdays.

RECHARGE WELL

MEDITATE

Today's the day to try meditation (or do it again!). Goodful on YouTube has a [5-Minute Meditation](#) as well as a [10-Minute Meditation for Anxiety](#) that might be a good place to start.

LIVE WELL

TRY SOMETHING NEW

Set a quarantine goal. You're about to have some extra time on your hands. Bonus - do something to make life better for yourself or others. (ex. sew masks, read a book, practice a language, create art, etc.)

PLAY WELL

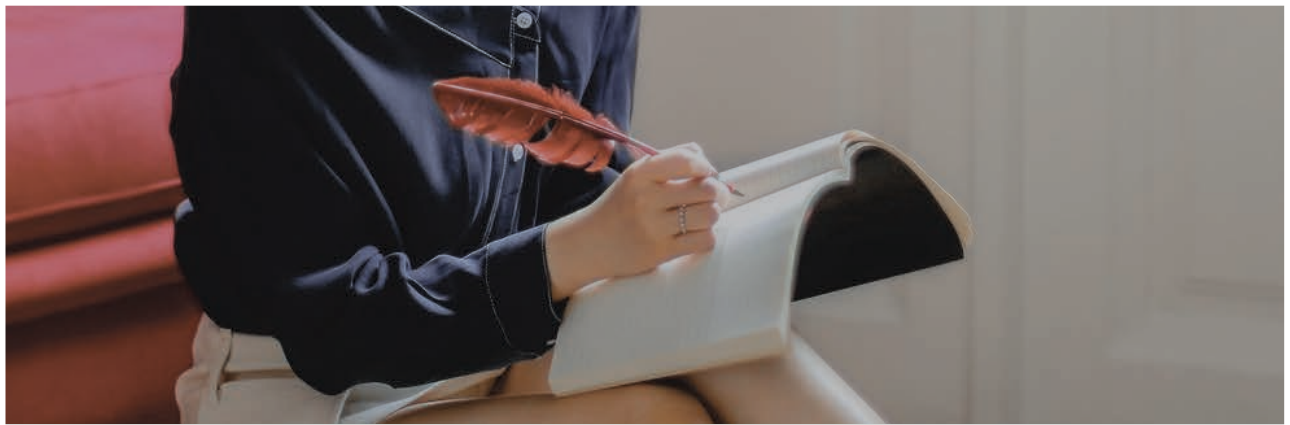
MOVE YOUR BODY

While you're planning for the next 14 days, you're going to want - no, *need* - to stay active. Luckily, there are tons of videos on YouTube to get your blood pumping!

[Daily Yoga Video](#)

[Daily HIIT Video](#)

[Daily Cardio Video](#)



DAY 2

CONNECT WELL

A WORD ABOUT CLASSES

Attend your classes daily. It will be super helpful to stick to a schedule and participate in any of your real-time classes rather than watching Husky Cast later on.

SIGN UP FOR A WORKSHOP

Try a workshop offered by the Center for Student Mental Health and Well-being. It'll help you connect with others and strengthen those much needed life-skills. There are different topics like Mindful Living, Stress Less, or Building Resilience - great things to work on whether you're in quarantine or not!

DAILY ROOMMATE CHAT

Have that daily check in with your roommate or housemates.

RECHARGE WELL

WRITE A BIT

Try journaling. Here are a few self-discovery prompts that you probably never have time to think about!

- When do I feel most in tune with myself?
- If someone else described me, what would they say?
- What kind of distractions get in the way when I'm trying to be productive?

LIVE WELL

ACADEMIC PLANNING

Map out your academic plan if you haven't done so already (or if you haven't done it recently). You can find degree audits on the MTU Registrar's website here. You can also run a degree audit on MyMichiganTech at any time.

PLAY WELL

YOGA DAY

Try Yoga today. Yoga can be a great stress reliever (and no joke, being in quarantine + being in college = stress). And yes, even scientific powerhouses like the Mayo Clinic recommend Yoga poses for health benefits.

Daily Yoga Video

And if Yoga just isn't your thing, here's a great workout video for beginners you can try instead.



DAY 3

CONNECT WELL

DAILY CHECK-IN

Have those daily virtual chats with parents, friends, and roommates.

TRY A VIRTUAL GROUP

The Center for Student Mental Health and Well-being has a number of groups designed for support, self-improvement, stress, and other topics. [Check them out here.](#)

They also have quarantine support groups multiple times a week. For more information, email counseling@mtu.edu.

WHAT'S JOYRUN?

Sign-up for JoyRun. It's an app where college students can get the things they need from people near them. You can either request items or go run and get them for others (once you're out of quarantine/isolation). If you really want a milkshake or are running low on shampoo, you can request these items while in quarantine and other students can pick them up for you.

RECHARGE WELL

READ

Read a new book. Find one on this list of [Top 10 Books Every College Student Should Read](#), or this list of [100 Must-Read Classic Books](#). Order used on Amazon or download a Kindle or electronic version. Pro tip: if you have a local library membership either here or in your hometown, you probably have access to services like [Overdrive](#) and [Libby](#) where you can virtually check out books for free.

LIVE WELL

MAP YOUR CAREER PATH

You figured out your academic plan, now let's look at career paths. Look into the different career paths for your major and see if one jumps out at you! [Explore career paths on the Career Services website.](#)

If you know a path you want to follow, you might be able to find specific research opportunities, internships, or co-ops that better suit your future on [Handshake](#) or practice [networking](#) and [interview skills](#).

PLAY WELL

GET ACTIVE TODAY

Sometimes it pays to go old-school. You just gotta "Jump up, jump up and get down!"

[Daily Yoga Video](#)

[Daily HIIT Video](#)



DAY 4

CONNECT WELL

DAILY CHECK-IN

Have one of those daily virtual chats with parents, friends, and roommates again. It's day 4 - you're 1/3 of the way through already!

VIDEO GAMES

Yes, today we're giving you permission to spend some time with video games. Have you looked into new ways to connect with video games? Both [MTU's E-sports](#) and [Jackbox](#) have forums where you can play multiplayer games online. You can also look for new Discord channels to connect with others who have similar video game interests.

EMAIL A PROFESSOR

Communication is key. Take time to introduce yourself better to one of your professors or a staff member on campus via email. Let them know how it's going on the other side (of your door, that is), and ask some questions about life on the outside or learn more about their research, background, or how they ended up at MTU.

RECHARGE WELL

ZZZZZ

Are you getting enough sleep? ... or too much sleep? Track your sleep to see if you're getting your recommended amount. Here are some [app suggestions](#) for your phone or wearable devices to track your sleep time and quality.

Check out more info about sleep and sleep studies from [MTU's Sleep Research lab](#).

LIVE WELL

STUDY SMART

There's no time like quarantine time to work on your study skills, am I right? Seriously, though, review these [study tips](#) and push through the urge to procrastinate, and look into the academic support offered by the [Waino Wahtera Center for Student Success](#) on campus. Yes - their Success Coaches are still taking Zoom appointments!

PLAY WELL

KEEP IT MOVIN'

Maybe you've found some of your own videos by now. Maybe you stick with the same routine (We hear Blizzard stays in great shape by running the MacInnes Ice Arena steps every morning). Either way, here is our daily dose of videos to check out for your at-home movement.

[Daily Yoga Video](#)

[Daily Cardio Video](#)



DAY 5

CONNECT WELL

DAILY CHECK-IN

Have you told someone you love them recently? Words matter. Call your mama - or someone you love like a mom. (We're not picky, call your BFF, cousin, Aunt Matilda, or some random person who just needs to hear ILY).

P.S. We love you!

MEET A 'MATE

Reach out to a classmate to set up a virtual study group or share study materials. We know it can be awkward to initiate, but most people are happy to be invited to connect with people in their classes. It's one of the top ways students report making life-long friends!

HUSKY HOUR

Check out this week's Husky Hours (Tuesdays and Wednesdays from 4-5pm). Bonus - earn prizes for attending multiple sessions!
mtu.edu/huskyhour

RECHARGE WELL

BE MINDFUL

Learn about mindfulness. Look at [these mindfulness and meditation resources](#) from the Center for Student Mental Health and Well-being or try [this guided meditation](#).

LIVE WELL

DIVE INTO LEADERSHIP

Work on your leadership skills today. Here is a playlist of [TED Talks](#) on how to be a great leader.

Don't forget to connect with [Student Leadership and Involvement](#) - check out [HuskyLead](#) events, the [First 60 Days Challenge](#), and make plans to attend the next [LeaderShape Institute](#).

PLAY WELL

HEALTH CHECK

How are your vitals? Pay attention to what your body is telling you. Are you sore from sitting too much? Are you noticing any cold or COVID symptoms? [Reach out to a doctor](#) if you have any questions! Just because you're in quarantine doesn't mean you're cut off from medical help if you need it.

[Daily Yoga Video](#)

[Daily Cardio Video](#)



DAY 6

CONNECT WELL

DAILY CHECK-IN

Have you been attending your classes daily? Are you using opportunities to connect via study

PRACTICE VULNERABILITY

Check out Brené Brown's take on how crucial vulnerability is to having satisfying and happy relationships. We especially enjoy [this podcast](#) Brené conducted with Judd Apatow (director and writer of tons of funny movies and shows) on the connection between vulnerability and laughter earlier this summer.

ATTEND A VIRTUAL EVENT

Forget about the [virtual events calendar](#)? Haven't tried anything yet? Check it out and challenge yourself to try something new today or tomorrow.

RECHARGE WELL

HERE COMES THE SUN

Practice self-care. Take a long shower, watch a movie, listen to your favorite music, or work on a hobby that brings you joy. Just do whatever YOU want to do today, and don't feel guilty about it!

TAP IN TO SPIRITUALITY

Are you religious or spiritual? Connect with a religious student org., a local church or group, or your church, synagogue, center or temple back home. Thanks to COVID (doesn't seem right to say that...), many more places are offering ways to connect online!

LIVE WELL

GOAL CHECK-UP

How's your quarantine goal coming? Haven't set one yet? Try setting one today. Follow the tips for setting a [SMART goal](#). Do something today to make progress towards it.

PLAY WELL

HEALTH CHECK FOLLOW UP

Take a few minutes to reflect on how your health is doing during this time. Are you taking care of your body? What's one thing you could do to improve your physical self today? Eat a healthy meal, reduce your caffeine intake, commit to 20 minutes of exercise? Set a goal today and reach it!

[Daily Yoga Video](#)

[Daily Cardio Video](#)



DAY 7

CONNECT WELL

CALL SOMEONE NEW

On top of checking in with your loved ones, try calling someone you haven't spoken to in a while. This could be grandma or an old friend. For heaven's sake, please call your grandmother!

RAVE

Try downloading the app Rave (or schedule a Rave sesh with friends if you already use it). It allows you to watch Netflix or YouTube in real-time with others. Shhh! No talking during the movie!

LET'S TALK

Drop-in for an informal conversation hosted by a counselor during [Let's Talk](#) on Tuesdays, Wednesdays, and Thursdays.

RECHARGE WELL

MID-POINT REFLECTION

Reflect on your quarantine experience so far:

- How are you feeling emotionally? Physically?
- Have you done anything that has made you feel happy or accomplished so far?
- Do you have any negative feelings about your past week? What are they? Why?

LIVE WELL

ACADEMIC UPDATE

Now that you are entering a second week of quarantine, take the time to update your To Do list. Do you have new or unexpected assignments? Do you need to clean your room? Have you made your bed at all this week?

PLAY WELL

GO WITH YOUR GUT

That is, check in on your stomach. How have your eating habits been during the first half of quarantine? Are you overusing caffeine, gaining weight from stress-eating, or just need some recipe refreshes?

GET THAT POST-QUARANTINE BOD

We've all thought about it. We all want to look fantastic coming out of 14 days of isolation. Even if you're stuck inside, get up, do some jumping jacks, do some push-ups. Yes, you can use your knees for push-ups and they still pay off.

[Daily Yoga Video](#)

[Daily Cardio Video](#)



DAY 8

CONNECT WELL

DAILY CHECK IN

Make sure you're getting a daily dose of at least one other human. Most of us need social interaction, and studies show that even virtual interaction fulfills some of our human need to connect.

VIRTUAL STUDY GROUP

Whether you all have the same classes, a few questions, or you're in completely different majors, get into a virtual study group and power through that work.

SIGN UP FOR A WORKSHOP

Try a [workshop](#) offered by the Center for Student Mental Health and Well-being. It'll help you connect with others and strengthen those much needed life-skills. There are different topics like Mindful Living, Stress Less, or Building Resilience - great things to work on whether you're in quarantine or not!

RECHARGE WELL

MID-POINT REFLECTION

How are you feeling after your reflection yesterday? If you feel like you need to talk to someone about your emotions, schedule a counseling session at the [Center for Student Mental Health and Well-being](#). Don't forget that you can also reach out to your family, friends, professors, religious mentors, and MTU staff members to get support during quarantine.

LIVE WELL

\$\$\$

Practice money management and budgeting. Plan out your budget for the rest of the semester when you are out of quarantine. Don't forget to allot for things like gas and groceries, and try to build up your savings for emergencies.

Schedule an appointment with someone at [MTU Financial Aid](#) to get advice, info about your loans, or scholarships and links to other money management sites.

PLAY WELL

MOVE AROUND NOW

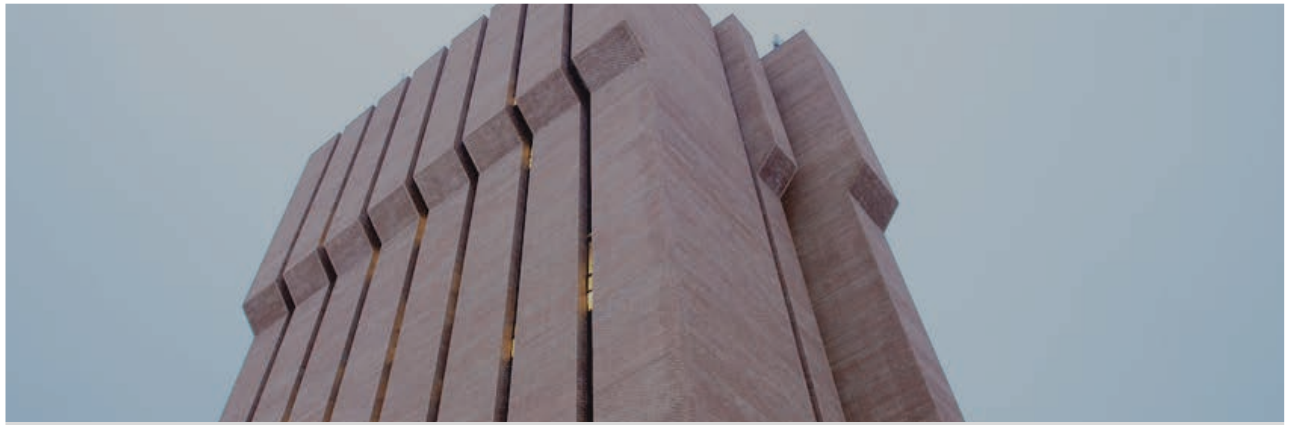
Check out our videos of the day:

[Daily Yoga Video](#)

[Daily Cardio Video](#)

WHAT'S IN YOUR FOOD?

Learn more about [processed foods](#) and how they impact your body. Plus - what you should eat instead!



DAY 9

CONNECT WELL

DAILY CHECK IN

Have you talked to someone today? Have a conversation about some of your favorite childhood memories with a roommate or your parents. See if you can find someone who shared an experience with you in the past - how do you both remember that event? Do you have two different versions or different opinions about what happened?

TALK TO YOUR PROFS

Check-in with your professors about your current courses if you are someone who has difficulty learning online. Can you zoom with them to try and get a better handle on your curriculum?

HUSKY HOUR

Check out this week's Husky Hours (Tuesdays and Wednesdays from 4-5pm). Bonus - earn prizes for attending multiple sessions!
mtu.edu/huskyhour

RECHARGE WELL

JOURNAL

Try to journal some more. Revisit some of the prompts from Day 2 or try some of these new ones:

- Write a thank you note to yourself
- If failure was impossible, what would you try that you have never done before?
- Describe your ideal day
- When was the last time you did something for the first time? What was it? How did it make you feel?

LIVE WELL

GOAL CHECK

Look at the progress you have made with your quarantine goal, and then keep moving forward with it! Bonus, turn your goal into a form of connection and post your progress on social media or connect with people who have similar goals online.

PLAY WELL

BE ACTIVE TODAY

Don't give up, you're almost there. You're more than halfway through!!!

[Daily Yoga Video](#)

[Daily Cardio Video](#)



DAY 10

- LAST DAY FOR ISOLATION!

CONNECT WELL

CLASS CONNECTIONS

Are you sticking with your class schedule? Connecting with professors and classmates? There's no time like quarantine time to start connecting!

STEP UP YOUR GAME

You only have 3 more days of total, guilt-free video-game encouragement from us (don't worry, we actually think you deserve guilt-free time during your non-quarantined life as well, so no judgement here!). Give yourself permission to binge for a couple hours when you're done with schoolwork, or sign up for a new online game platform or join a [gaming group](#) on campus.

RECHARGE WELL

READ AND REFLECT

Don't have the time or patience to read a whole book? Check out this list of [short stories](#) instead!

PRACTICE MINDFUL EATING

How slowly can you eat a bowl of cereal, apple, or other snack today? Practice [mindful eating](#) by slowly noticing all of the sensations of eating and truly focusing on the act of eating (you'll need to pause the TV for this one).

LIVE WELL

#ADULTING

Practice some life skills and look at this [article](#) on developing effective communication. One of the keys to great relationships is great communication - whether it's a work relationship, friendship, or romance.

PLAY WELL

JUST 4 MORE

4 more days of quarantine or last day of isolation! Can you add 4 more reps into your workout routine, do 4 extra minutes of cardio, or do 4 minutes of stretching?

[Daily Yoga Video](#)

[Daily HIIT Video](#)



DAY 11

CONNECT WELL

CONNECT WITH SOMEONE NEW

You have 3 more days to make a new connection in quarantine (or at least rekindle an old one)! How will you do it? Reach out via email, text or social media and say hi!

TRY A VIRTUAL GROUP

The Center for Student Mental Health and Well-being has a number of groups designed for support, self-improvement, stress, and other topics. [Check them out here.](#)

They also have quarantine support groups multiple times a week. For more information, email counseling@mtu.edu.

RECHARGE WELL

SLEEP, SLEEP, SLEEP

...for about 8 hours per night. How is your sleep tracking going? Read more about why sleep is important [here](#).

LIVE WELL

THIRTY, FLIRTY AND THRIVING

Look at this list of [life skills to acquire before you're 30](#). Do you have most of them? Some? None? Work on some of those today.

POLISH YOUR RESUME

Make an appointment or brush up on your resume knowledge with [Career Services](#).

PLAY WELL

PUMP UP THE JAMS

You're almost there. Maybe you're feeling a little stir-crazy. Get out that pent up energy with a private dance party - with yourself. Blast the tunes (not after 10 please) and let the music move you!

[Daily Yoga Video](#)

[Daily HIIT Video](#)



DAY 12

CONNECT WELL

FIND THE MEANING

Have a meaningful conversation with someone today. Can you ask someone else how they're doing and truly listen? Check out these [simple ways to make your conversations more meaningful](#).

ATTEND A VIRTUAL EVENT

Forget about the [virtual events calendar](#)? Haven't tried anything yet? Check it out and challenge yourself to try something new today or tomorrow.

RECHARGE WELL

MAKE TIME FOR SPIRITUALITY

Engage in self-care through meditation, prayer, reading or religious counseling.

LIVE WELL

PLAN FOR VOLUNTEERISM

Have you ever thought about how you can give back? It might seem like a lot to add onto your already busy college-student plate, but are there small and simple ways you can get involved in something that helps others? Check out [Husky Helpers](#) to make plans to volunteer in the community.

PLAY WELL

@MTU_WELLBEING

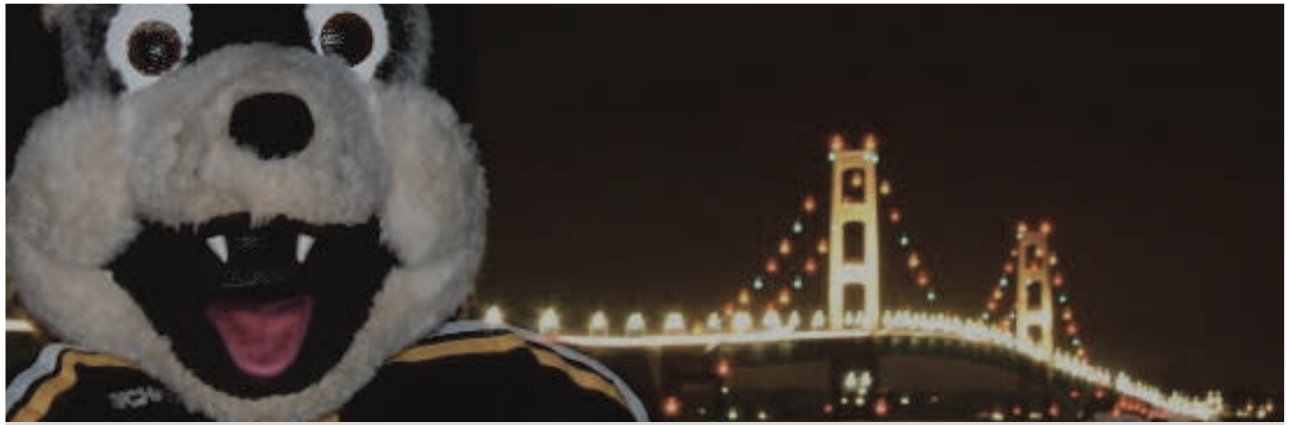
Are you connected with us on social media? If not, check out our daily workouts archived in our Insta stories for some quick, quarantine-friendly workouts.

VIRTUAL COMPETITIONS

Have you signed up for a virtual athletic event? Search online for upcoming competitions that are being held virtually. There are even local 5ks and other races that you can sign up for and do on your own once you're out of quarantine.

[Daily Yoga Video](#)

[Daily HIIT Video](#)



DAY 13

CONNECT WELL

DAILY ROOMMATE CHAT

Have that daily check in with your roommate or housemates.

LET'S TALK

Drop-in for an informal conversation hosted by a counselor during [Let's Talk](#) on Tuesdays, Wednesdays, and Thursdays.

MAKE PLANS

Get ready to celebrate getting out of quarantine. Now, throwing yourself a quarantine party might land you (and a bunch of other people) right back in quarantine (or worse trouble), you should absolutely plan to get out of your room and social distance with a friend or two.

RECHARGE WELL

REST UP

Master the power of power naps. You might be busy with outdoor activities once you're out of here, but don't forget about the importance of sleep. [Studies show](#) that a 20 minute power nap can do wonders for your memory, cognitive skills, creativity and energy.

LIVE WELL

PLAN FOR VOLUNTEERISM

Have you ever thought about how you can give back? It might seem like a lot to add onto your already busy college-student plate, but are there small and simple ways you can get involved in something that helps others? Check out [Husky Helpers](#) to make plans to volunteer in the community.

PLAY WELL

TECH TRAILS

Are you familiar with Tech Trails? Remember how we told you to make plans with someone in today's Connect Well challenge? How about a trip to Tech Trails? Check out a trail map [here](#) and make your plan to mountain bike, hike, ski, or snowshoe.

[Daily Yoga Video](#)

[Daily HIIT Video](#)

TASTY

Make a list of new, healthy recipes to try. Check out [Tasty](#). Maybe even try one if you already have or can get the ingredients!



DAY 14 - LAST DAY FOR QUARANTINE!

CONNECT WELL

MAKE MORE PLANS

Seriously, make even more plans. Get excited. One. More. Day. You did it!!

HUSKY HOUR

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mtu.edu/huskyhour

SIGN UP FOR A WORKSHOP

Try a workshop offered by the Center for Student Mental Health and Well-being. It'll help you connect with others and strengthen those much needed life-skills. There are different topics like Mindful Living, Stress Less, or Building Resilience - great things to work on whether you're in quarantine or not!

RECHARGE WELL

FINAL REFLECTION

Reflect on your whole quarantine experience:

- Did you learn anything new?
- Do you feel better than when you started? Worse? The same?
- How can you better yourself as you move forward?

LIVE WELL

CELEBRATE

Celebrate all the things you learned and added to your skill set. Did you complete or make progress toward your quarantine goal? Did you tweak your resume, check out your finances, or learn to study a little more effectively? You are awesome!

PLAY WELL

LAST DAY, BEST DAY

Make this your best in-home workout day ever!

[Daily Yoga Video](#)

[Daily HIIT Video](#)

PHYSICAL HEALTH GOALS

Take time to set some physical health goals for yourself. Make your yearly doctor's check-up appointment, redesign your meal planning for the week (or for just one meal a week), commit to achieve your next athletic goal. You just did 14 days in quarantine - you can do this!