

Wellness Challenge

Set Your Goals High! Earn Up to 5 Points Per Week for Healthy Habits



Set Your Goal Week 1	Optimal Performance Week 2	Always Eat Right! Week 3	Look at You, SCORE! Week 4
Exercise for 20 minutes	Go one week with no alcoholic beverages	Eat 5 servings of fruits/vegetables today	Identify the top 3 stresses in your life
Pass up the closest parking spot & walk an extra 25+ steps from your car	No soda (including diet soda) for a week	Sit down and eat dinner at the table. Turn off TV and phones	Engage in a stress reducing activity
Set a measurable goal to improve your health	Eat breakfast everyday for a week	Consume 3 servings of low-fat milk and/or light yogurt for a day	Identify how you can reduce one stress factor
Bike, run, walk or elliptical for 30 minutes	Make a list of three things for which you are proud	Consume 2-3 servings of fatty fish in a week	Tell a loved one you appreciate them
Weight train for 20 minutes	Walk or run 1 mile	Drink 8 eight ounce glasses of water each day	Sleep for eight hours straight one night
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Name: _____	Name: _____	Name: _____	Name: _____
Total for Week 1: _____	Total for Week 2: _____	Total for Week 3: _____	Total for Week 4: _____



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