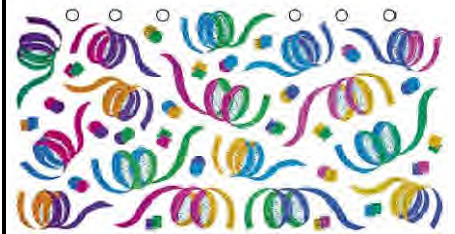


DECEMBER 2015 CHALLENGE OF CHALLENGES

GOAL: COMPLETE A DIFFERENT CHALLENGE EACH DAY!

IF YOU HAVE BEEN KEEPING UP WITH YOUR CHALLENGES THIS WILL BE A GREAT VAREITY AND IF YOU ARE JUST STARTING THIS IS A GREAT WAY TO START NEW HABITS EACH DAY!

DATE	DAILY GOAL	Daily Completion	
		YES	NO
December 1	Take 20 min for Mental Health		
December 2	Exercise for 30 minutes		
December 3	Drink 64 ounces of water		
December 4	Cut out a sugary drink or food		
December 5	Exercise/Stretch at your desk		
December 6	Eat 5-7 servings of fruit / veggies		
December 7	Take 20 min for Mental Health		
December 8	Exercise for 30 minutes		
December 9	Drink 64 ounces of water		
December 10	Cut out a sugary drink or food		
December 11	Exercise/Stretch at your desk		
December 12	Eat 5-7 servings of fruit / veggies		
December 13	Take 20 min for Mental Health		
December 14	Exercise for 30 minutes		
December 15	Drink 64 ounces of water		
December 16	Cut out a sugary drink or food		
December 17	Exercise/Stretch at your desk		
December 18	Eat 5-7 servings of fruit / veggies		
December 19	Take 20 min for Mental Health		
December 20	Exercise for 30 minutes		
December 21	Drink 64 ounces of water		
December 22	Cut out a sugary drink or food		
December 23	Exercise/Stretch at your desk		
December 24	Eat 5-7 servings of fruit / veggies		
December 25	Take 20 min for Mental Health		
December 26	Exercise for 30 minutes		
December 27	Drink 64 ounces of water		
December 28	Cut out a sugary drink or food		
December 29	Exercise/Stretch at your desk		
December 30	Eat 5-7 servings of fruit / veggies		
December 31	Take 20 min for Mental Health		



*HAPPY HOLIDAYS
FROM THE
HEALTH AND
WELLNESS
COMMITTEE*

*LOOK FOR NEW
AND EXCITING
CHALLENGES IN
2016!!!!*



