|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Set 1** | **Set 2** | **Set 3** | **Set 4** | **Set 5** |
| Eat a snack today | Drink ONE cup of Green Tea today | Deskercize  Do 10 Shoulder Roles  (both ways)  [THREE times today] | Drink 8 Glasses of Water Today | Sign up for a wellness consultation for the first time. |
| Deskercize  Do 10  Squats  [THREE times today] | Eat 1 medium fruit | Eat ½ Cup GREEN Vegetables  (salad, peas, broccoli, etc…) | Deskercize  Do 10  Squats  [THREE times today] | Eat some protein today (fish, chicken, eggs, beans, dairy, nuts) |
| Consume ONE dairy [or lactose-free] product today  [yogurt, glass of milk, cheese] | Deskercize  Do 15 arm circles (both arms)  [THREE times today] | Drink 8 Glasses of Water Today | Eat ½ Cup Vegetables  (salad, peas, broccoli, carrots, peppers etc…) | Eat breakfast today |
| Eat a snack today | Deskercize  Do a Quad Stretch (hold each side  20 sec)  [THREE times today] | Eat 1 medium fruit | Drink ONE cup of Green Tea today | Eat a snack today |
| Deskercize  Do 10 Wrist Roles  (both ways)  [THREE times today] | Deskercize  Neck Stretch for 20 sec  (both sides)  [THREE times today] | Eat ½ Cup Vegetables  (salad, peas, broccoli, carrots, peppers etc…) | Deskercize  Do a Torso Stretch for 20 sec (both sides)  [THREE times today] | Drink 8 Glasses of Water Today |

**Task Card #1 –Tuesday, January 18th – Monday, January 24th**

**Task Card # 2 – Tuesday, January 25th AND Task Card # 3 – Tuesday, February 1st**

As a team, complete each set of tasks. Each member can choose the tasks he/she would like to complete.



Once completed, cross off that task.

Each completed set of tasks = 1 playing card

Maximum cards after one week = 5 cards

Next task card will be given in one week.

***\*\*Refer to instruction sheet for further details\*\****

