|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Set 1** | **Set 2** | **Set 3** | **Set 4** | **Set 5** |
| Eat a mid-morning snack today | Drink TWO cups of Green Tea today | Consume at least ONE dairy [or lactose-free] product today  [yogurt, glass of milk, cheese (size of 2 thumbs)] | Drink 8 Glasses of Water Today | Do 15 mins of resistance exercise today |
| Stretch for  10 mins today | Sign up for a wellness consultation for the first time. | Eat 2 servings of Vegetables  (1 serving = 1 cup salad, ½ cup peas, broccoli, carrots, etc…) | Go for a 15 minute walk today | Eat some protein today (fish, chicken, eggs, beans, dairy, nuts) |
| Consume ONE dairy [or lactose-free] product today  [yogurt, glass of milk, cheese (size of 2 thumbs)] | Do 15 mins of resistance exercise today | Drink 8 Glasses of Water Today | Eat 1 serving of fish today  [size of cheque book] | Eat 1 serving of fish today [size of cheque book] |
| Eat a mid-morning snack today | Go for a 15 minute walk today | Eat 2 medium fruit today | Drink TWO cups of Green Tea today | Stretch for  10 mins today |
| Eat 1 serving of fish today  [size of cheque book] | Eat a mid-afternoon snack today | Eat 2 servings of Vegetables  (1 serving = 1 cup salad, ½ cup peas, broccoli, carrots, etc…) | Do 15 mins of resistance exercise today | Drink 8 Glasses of Water Today |

**Task Card # 2 – Tuesday, January 25th – Monday, January 31st**

**Task Card # 3 coming 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\*\****