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| --- | --- | --- |
| **Set 1** | **Set 2** | **Set 3** |
| Go for a brisk walk OR run for at least 30 mins today | Drink TWO cups of Green Tea today | Consume TWO dairy [or lactose-free] products today  [yogurt, glass of milk, cheese (size of 2 thumbs)] |
| Stretch for  20 mins today | Go for a brisk walk OR run for at least 30 mins today | Sign up for a wellness consultation for the first time. |
| Eat 4 servings of Vegetables  (1 serving = 1 cup salad, ½ cup peas, broccoli, carrots, etc…) | Do 30 mins of resistance exercise today | Drink 8 Glasses of Water Today |
| Drink 8 Glasses of Water Today | Go for a brisk walk OR run for at least 30 mins today | Eat 2 medium fruit today |
| Eat 1 serving of fish today  (size of cheque book) | Do 30 mins of resistance exercise today | Eat 4 servings of Vegetables  (1 serving = 1 cup salad, ½ cup peas, broccoli, carrots, etc…) |

**Task Card #3 –Tuesday, February 1st – Monday, February 7th**

**Winning Team announced on Tuesday, February 8th**

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 this final week = 3 cards

* **Captains** – out of a possible 13 cards, choose your

best hand of 5 cards and report to Meghan Davey on Tuesday, Feb 8th.

