**Task Card #1 – Complete between Monday, January 16th – Sunday, January 22nd**

**Task Card # 2 coming Monday, January 23rd AND Task Card # 3 coming Monday, January 30th**

|  |  |  |
| --- | --- | --- |
| **Set 1** | **Set 2** | **Set 3** |
| Drink 8 Glasses of Water Today | Drink ONE cup of Chamomile Tea today [stress reliever] | At dinner, my plate has at least three colors on it |
| Write down 5 nutritional goals for 2012 and place them in a visible place for you to read each day | Eat 1 medium fruit | De-clutter your workspace or a room in your home |
| Consume ONE dairy [or lactose-free] product today[yogurt, glass of milk, cheese] | Attend or book a wellness consultation | Drink 8 Glasses of Water Today |
| Eat one square of dark chocolate [at least 70% cocoa]  | Avoid caffeine after 3pm today | Menu-plan for ONE week of meals |
| Lunch [for me/my family] consists of a vegetable, fruit, grain, and protein, every day this week | Drink ONE cup of Green Tea today [antioxidant] | Eat ½ Cup GREEN Vegetables(salad, peas, broccoli, etc…) |

****

* Choose the tasks you would like to complete.
* Once completed, cross off that task.
* Each completed set of tasks [vertical line] = 1 playing card
* Maximum cards after one week = 3 cards