**Task Card # 2 Complete between Monday, January 23rd – Sunday, January 29th**

**Task Card # 3 coming Monday, January 30th – WINNER Announced Monday, February 6th**

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| **Set 1** | **Set 2** | **Set 3** |
| Do 3 sets of plank, holding for at least 35 seconds | Drink TWO cups of Green Tea today | Take the stairs instead of the elevator whenever possible |
| Stretch for  10 mins today | Eat some protein today (fish, chicken, eggs, beans, dairy, nuts) | Write down 5 exercise –related goals for 2012 and place them in a visible place for you to read each day |
| Take at least 10 minutes of ME time today | Compliment a co-worker | Drink 8 Glasses of Water Today |
| Book or have booked my yearly medical | Wear a pedometer for at least three days this week | Go for a 30 minute walk today |
| Eat 3 servings of fish this week | Do 15 reps of ergonomic stretches [shoulder roles and wrist roles] | Eat 2 servings of Vegetables  (1 serving = 1 cup salad, ½ cup peas, broccoli, carrots, etc…) |

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* 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