**Task Card #3 – Monday, January 30th – Sunday, February 5th**

**Winning Hands announced on MONDAY, February 6th**

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| **Set 1** | **Set 2** | **Set 3** |
| Write a TO-DO list for the week or weekend | Drink one cup of Rooibos or Chamomile Tea today | Eat a purple fruit [stress-reducing properties].  Ie: blueberries, blackberries, plums |
| Stretch for  15 mins today | Write down at least 3 things I am thankful for today | Write down 5 family goals for 2012 and place them in a visible place for you to read each day |
| Practice deep breathing before falling asleep [take 10 deep breaths, twice] | Do 30 mins of resistance exercise today | Drink 8 Glasses of Water Today |
| Arrange a time to talk with/meet a good friend/family member | Go for a brisk walk OR run for at least 30 mins today | Make a double batch of food so to alleviate needing to cook later |
| Enjoy some “me” time for at least 15 min today | Take 10 deep breaths, twice, EVERY DAY this week | Eat 4 servings of Vegetables  **http://www.sxc.hu/pic/m/s/st/stelogic/905072_poker_chips_cards_and_dice_1.jpg**(1 serving = 1 cup salad, ½ cup peas, broccoli, carrots, 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
* **Out** of a possible 9 cards, choose your

best hand of 5 cards and report to the wellness committee

member on Monday, February 6th .