

# HEALTHY LIFESTYLE POKER CHALLENGE

## TASK CARD #1

Set 1	Set 2	Set 3	Set 4	Set 5
<b>Healthy Eating:</b> Eat a snack today	<b>Hydration:</b> Drink one cup of green tea today	<b>Fitness:</b> Do 10 alternating shoulder rolls [3 x today]	<b>Hydration:</b> Drink 8 glasses of water today	<b>Fitness:</b> Do 10 push-ups today
<b>Fitness:</b> Do 10 squats [3 x today]	<b>Healthy Eating:</b> Eat 1 medium fruit	<b>Healthy Eating:</b> Eat ½ cup green vegetables (salad, peas, broccoli, etc.)	<b>Fitness:</b> Do 10 squats [3 x today]	<b>Healthy Eating:</b> Eat some protein today (fish, chicken, eggs, beans, dairy, nuts)
<b>Healthy Eating:</b> Add a handful of greens to your day. (kale, spinach, arugula, etc.)	<b>Fitness:</b> Do 15 arm circles (both arms) [3 x today]	<b>Hydration:</b> Drink 8 glasses of water today	<b>Healthy Eating:</b> Eat ½ cup vegetables (salad, peas, broccoli, carrots, peppers etc.)	<b>Healthy Eating:</b> Eat breakfast today
<b>Healthy Eating:</b> Eat a snack today	<b>Fitness:</b> Do a quad stretch (hold each side 20 seconds) [3 x today]	<b>Healthy Eating:</b> Eat 1 medium fruit	<b>Hydration:</b> Drink one cup of green tea today	<b>Healthy Eating:</b> Eat a snack today
<b>Fitness:</b> Do 10 wrist rolls (both ways) [3 x today]	<b>Fitness:</b> Neck stretch for 20 seconds (both sides) [3 x today]	<b>Healthy Eating:</b> Eat ½ cup vegetables (salad, peas, broccoli, carrots, peppers etc.)	<b>Fitness:</b> Do a torso stretch for 20 seconds (both sides) [3 x today]	<b>Hydration:</b> Drink 8 glasses of water today

### Reminders:

- As a team, complete each vertical set of tasks.
- Each member can choose the tasks he/she would like to complete.
- Once completed, cross off that task.
- Each completed vertical set of tasks = 1 playing card
- Maximum cards after one week = 5 cards
- Next task card delivered in one week.

**\*\*Refer to instruction sheet for further details\*\***



**BEST HAND  
WINS!**