

HEALTHY HABITS CHALLENGE

TASK CARD #1

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

Reminders:

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

Good Luck!

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

