

HEALTHY HABITS CHALLENGE

TASK CARD #2

Set 1	Set 2	Set 3	Set 4	Set 5
Healthy Eating: Eat a mid-morning snack today	Hydration: Drink two cups of green tea today	Fitness: Hold plank for 20 seconds	Hydration: Drink 8 glasses of water today	Fitness: Do 15 minutes of resistance exercise today
Fitness: Stretch for 10 minutes today	Hydration: Drink two cups of herbal tea today	Healthy Eating: Eat 2 servings of vegetables (1 serving = 1 cup salad, ½ cup broccoli, peas, carrots, etc.)	Fitness: Go for a walk on your lunch or break today (15 min)	Healthy Eating: Eat some protein today (fish, chicken, eggs, beans, dairy, nuts)
Healthy Eating: Eat a source of good fats today (fish, avocado, raw nuts and seeds etc.)	Fitness: Do 15 minutes of resistance exercise	Hydration: Drink 8 glasses of water today	Healthy Eating: Eat 1 serving of fish (size of palm of your hand)	Healthy Eating: Pack a salad for lunch
Healthy Eating: Eat a mid-morning snack today	Fitness: Go for a 15 mins walk on your lunch or break today	Healthy Eating: Eat 2 medium fruit	Hydration: Drink two cups of green tea today	Fitness: Stretch for 10 minutes today
Healthy Eating: Eat 1 serving of fish (size of palm of your hand)	Healthy Eating: Eat a mid-afternoon snack today	Healthy Eating: Eat 2 servings of vegetables (1 serving = 1 cup salad, peas, broccoli, carrots, peppers etc.)	Fitness: Do 15 minutes of resistance exercise today	Hydration: Drink 8 glasses of water today

Reminders:

- As a team, complete each vertical set of tasks.
- Each member can choose the tasks to complete.
- Once completed, cross off that task.
- Each completed vertical set of tasks = 1 ballot
- Maximum ballots after one week = 5 ballots

Good Luck!

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

