

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 would like to 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****

