

HEALTHY LIVING Challenge

NAME: _____

GRAND TOTAL: _____

SCORE CARD – BONUS POINTS

TASK		YES! I did this!
Share your success story = 75 points	Have you improved your diet or fitness habits, lost weight, or quit smoking because of adopting healthy habits? We want to know about it! Send us your story for some bonus points!	
Take a wellness photo (healthy selfie or team pic) = 75 points	What does wellness mean to you? Take a photo to show us. Do a handstand, drink water, include your family... anything goes!	
Annual Physical = 100 points	Have you had your annual physical this year?	
Book an annual physical, if you haven't already = 100 points	Be accountable for your body. This may help reassure you or catch health issues before they get too serious! It's also important for screening certain cancers and cholesterol levels.	
GRAND TOTAL		