


20 WAYS IN 20 DAYS: JANUARY CHALLENGE

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	11 Eat at least 3 servings of fruits &/or vegetables. Having a salad for just one meal takes care of this! Completed: _____	12 Reduce stress! Take at least 3 breaks throughout the day to stretch your arms, legs and back. Completed: _____	13 No fast food today! For something quick, have a sandwich & a piece of fresh fruit instead. Completed: _____	14 Check a personal stat: Blood pressure, weight, blood sugar, etc. Completed: _____	15 Drink at least 64 ounces of water today. Add slices of orange to your water for an extra burst of flavor! Completed: _____	16 Sleep in! Try for at least 7 hours of sleep. This can be from last night or tonight. Completed: _____
17 Forget dining out! Have or make a home-cooked meal today using at least one fresh ingredient. Completed: _____	18 Dental health is also important. Make sure to floss your teeth today! Completed: _____	19 Time to get moving! Get at least 30 minutes of exercise today. Brisk walking is an easy way to get the blood flowing! Completed: _____	20 Put down the remotes! Put down the devices! Today, keep personal screen time to less than two hours. Completed: _____	21 Today is tobacco-free day. If you use tobacco, make a plan to stop or at least reduce usage. Your body will thank you! Completed: _____	22 Eat at least 4 servings of fruits & veggies. Seem impossible? Have a salad or a fresh fruit smoothie with spinach. Completed: _____	23 Give your body some much needed rest! Try for at least 7 hours of sleep tonight (or last night). Completed: _____
24 No need for fancy restaurants! Have or make a home-cooked meal today using at least one fresh ingredient. Completed: _____	25 Check a personal stat: Blood Pressure, weight, blood sugar, cholesterol, etc. Completed: _____	26 Dehydration can make you feel tired & sluggish. Drink at least 8 glasses of water today. Completed: _____	27 No fast food today! For something quick, have a veggie wrap or a banana with peanut butter. Completed: _____	28 Get at least 30 minutes of exercise today. Seem impossible? Try walking for 10 minutes, 3 times a day. Completed: _____	29 We're all in this together! Perform one act of random kindness for a co-worker or stranger today. Completed: _____	30 Make a personal commitment to continue at least one healthy practice through February. Small starts make all the difference!! Completed: _____

For each remaining day of January, take the mini-challenge listed in the box. If you complete the challenge for the day, put a check in the "completed" blank. At the end of January, count the number of challenges you completed. If you completed at least 10, send your challenge card to Misty Keller in Coordinated School Health to be entered into a drawing for some fabulous prizes!

Name: _____ **School:** _____ **# Completed:** _____