

MONTHLY HEALTH CHALLENGE

MONTH OF:

Read a book for fun.	Take a nap.	Try some basic yoga poses.	Do 100 pushups.	See how many steps you can log in 10 minutes.	Play a sport.	Go shopping (you don't have to buy anything!)
Complete 40 jumping jacks, 30 crunches, 20 squats, & 10 pushups.	Volunteer somewhere.	Go for a walk.	Dance (alone or with someone).	Color a picture.	Go swimming.	Sing along to at least 3 songs.
Ride a bicycle.	Balance on one leg for 1 minute, then switch to the other (x5).	Walk up and down stairs.	Prepare healthy snacks for the week.	Get a massage.	Cook a meal from scratch.	Take a relaxing bath.
Call someone just to say hi.	Find things in your house to donate.	Send someone a handwritten card or letter.	Go cloud-watching or stargazing.	Listen to music.	Walk or stand on your tiptoes.	Breathe deeply for 10 minutes.
Wash your car by hand.	Repeat your favorite 10-minute activity.	WAY TO GO! YOU DID IT!				

