



## Health Challenge Calendar

# Get Outside in 2011!

### Instructions

1. Post this record sheet where you will see it daily
2. Keep track of the days where you complete the Monthly Health Challenge and are physically active for a minimum of 30 min daily
3. At the end of the month, total the number of days you met the goal. You must meet this goal at least 22 days of the month to complete the Challenge. Then keep up this healthy practice for a lifetime of best health!
4. Keep this record for evidence of completion

### January Health Challenge

1. Complete your daily exercise requirements outdoors at least 2 days per week.
2. Remember to dress in layers for maximum enjoyment of your outdoor exercise!

## MONTH

HC = Health Challenge • ex.min. = exercise minutes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	
HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	
HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	
HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	
HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	HC [ ] ex.min. _____	

\_\_\_\_\_ number of days this month I completed the Health Challenge

\_\_\_\_\_ number of days I was physically active for at least 30 min

Other wellness projects completed this month:

\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_