



# December Challenge!

Name: \_\_\_\_\_

Building: \_\_\_\_\_

This holiday season, the only thing that should be “stuffed” is the turkey. **Eat smart. Move more. Drink more water.**

**Participation Rules:**

- MUST COMPLETE** each weekly challenge **all 4 weeks!** (see second page)
- SUBMIT** tracking form to [health@fsd145.org](mailto:health@fsd145.org) **NO LATER THAN Friday, January 5th.**


**To qualify for the monthly drawing you must complete each weekly challenge.**


Completed forms must be submitted to [health@fsd145.org](mailto:health@fsd145.org) **NO LATER** than Friday, January 5th.



	Weekly Challenge		Check off the day completed.
Week 2: 12/3 - 12/9	Eat 5 - 9 servings of fruit/veggies per day this week to boost your immune system <b>and</b> drink 64 oz. of water daily to stay hydrated. Minimum <b>4</b> days required in each area.		<p>Fruits/Vegetables</p> <p><input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA</p> <p>Water:</p> <p><input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA</p>

	Weekly Challenge		Check off the day completed.
Week 3: 12/10 - 12/16	The holiday goodies are everywhere! Challenge yourself by picking a weakness & don't eat or drink it for a week <b>and</b> drink 64 oz. of water daily to stay hydrated, promote weight management and help fight off those cravings. Minimum <b>4</b> days required in each area.		<p>I won't eat (or drink):</p> <p>_____</p> <p><input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA</p> <p>Water:</p> <p><input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA</p>

	Weekly Challenge		Check off the day completed.
Week 4: 12/17 - 12/23	Days are filled with holiday cheer & stress! Reduce stress and make time for yourself by clearing your mind. Practicing relaxation breathing, meditation, or read/listen to a book each day. <b>And</b> , drink 64 oz. of water for mental clarity and improve your mood. Minimum <b>4</b> days required in each area.		Relaxing: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA Water: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA

	Weekly Challenge		Check off the day completed.
Week 5: 12/24 - 12/30	<b>Almost done!</b> Stay focused on what you've worked so hard for. Healthy habits have been learned. Choose a challenge that will make YOU feel awesome <b>and</b> stay focused with drinking 64 oz. of water daily to stay hydrated. Minimum <b>4</b> days required in each area.		My challenge: _____ <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA Water: <input type="checkbox"/> SU <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> TH <input type="checkbox"/> F <input type="checkbox"/> SA

