



Celebrate a Healthier YOU Challenge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<input type="checkbox"/> 1 Make two small goals to accomplish this month.	<input type="checkbox"/> 2 List 10 things you are grateful for.	<input type="checkbox"/> 3 Try a new fruit or vegetable.	<input type="checkbox"/> 4 In honor of National Cholesterol Education Month, learn more information on cholesterol.	<input type="checkbox"/> 5 Go on a 15-minute walk.
<input type="checkbox"/> 6 Listen to a song that makes you happy.	<input type="checkbox"/> 7 Pack and enjoy a healthy lunch. If you're AWS, prepare a healthy lunch.	<input type="checkbox"/> 8 Tell someone you appreciate them.	<input type="checkbox"/> 9 Head to bed with enough time to get a full eight hours of sleep.	<input type="checkbox"/> 10 Limit distractions during mealtimes.	<input type="checkbox"/> 11 Drink at least 48 ounces of water during the day.	<input type="checkbox"/> 12 Aim for 30 minutes of physical activity today.
<input type="checkbox"/> 13 Give two people a genuine compliment.	<input type="checkbox"/> 14 Stress less. Practice mindful meditation for 10 minutes.	<input type="checkbox"/> 15 Swap the sweets for a piece of fruit.	<input type="checkbox"/> 16 Add a stretch break to your calendar to increase your flexibility.	<input type="checkbox"/> 17 Share a funny video or joke that makes you laugh.	<input type="checkbox"/> 18 Dance to your favorite song.	<input type="checkbox"/> 19 Try a new healthy recipe .
<input type="checkbox"/> 20 Complete a Random Act of Kindness .	<input type="checkbox"/> 21 Start your day with a healthy breakfast .	<input type="checkbox"/> 22 Make half of your lunch and dinner plates vegetables .	<input type="checkbox"/> 23 March in place for three minutes to get your heart going.	<input type="checkbox"/> 24 List three things you love about yourself.	<input type="checkbox"/> 25 Do something today that makes you smile.	<input type="checkbox"/> 26 Schedule time to relax today for at least five minutes.
<input type="checkbox"/> 27 Eat five servings of fruits and vegetables .	<input type="checkbox"/> 28 Check out " What Happens When I Stop Smoking ".	<input type="checkbox"/> 29 Reach out to someone you haven't talked to in a while.	<input type="checkbox"/> 30 Make one personal healthy goal to achieve by October 31.			

Total Points: _____

Take photos during the challenge, with [permission](#), and send to WFHT.TN@tn.gov.



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