

Habits for Health Challenge

Activity Tracker

Name _____

The Challenge

The purpose of the Habits for Health Challenge is to form better health habits. Over the next four weeks, we encourage you to try different activities from the list provided or create your own! You do not have to do the same activities repeatedly—challenge yourself to try something new each week!

The Goal

Over the next four weeks, complete at least 10 different activities. As you complete an activity, write it in on the activity calendar below on the day you completed it. Earn one point per each day you complete an activity. Earn at least 10 points by the end of the campaign to complete the challenge.

Take a look at the sample week we created below.

	SUN	MON	TUES	WED	THU	FRI	SAT	POINTS
Example		Went meatless for dinner.		Tried a new vegetable.	Shared my exercise goal with a friend.			3

	SUN	MON	TUES	WED	THU	FRI	SAT	POINTS
Week 1								
Week 2								
Week 3								
Week 4								

Turn in your completed activity tracker to _____ by _____.

GRAND TOTAL _____

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Choose from these healthy habit activities or create your own!

Spend one hour of family time (e.g. play a game, take a bike ride, watch a movie).	Create an exercise goal (e.g. I will lose 10 pounds in 6 months).	Keep your portions small by using an appetizer plate for your meal.	Check your skin for new moles or freckles.
Take two five-minute breaks during the work day.	Share your exercise goal(s) with your friends and family.	Try a new fruit or vegetable.	Brush your teeth twice a day for a week.
Create a to-do list at work for the following day before you leave.	Exercise at the same time of the day, twice in a week.	Go meatless for a meal.	Floss your teeth every day for a week.
Don't check your work email after you leave work for a week.	Exercise with a buddy.	Avoid ordering a sugary drink (e.g. soda or sweetened tea) when you eat out.	Walk away from the TV during commercial breaks to give your eyes a break for one evening.
Create a personal to-do list (e.g. clean the bathtub, repair a broken chair).	Exercise directly after work before going home.	Carry a full bottle of water with you (drink it and refill it repeatedly) for one entire day.	Perform a self-exam—breast exams for women and testes exams for men.
Have a family dinner where each person prepares a different dish.	If you meet an exercise goal, give yourself a reward.	Wait ten minutes before going back for seconds during a meal.	Brush your teeth, chew a piece of sugar-free gum, or use mouthwash after eating.
Create your own.	Create your own.	Create your own.	Create your own.

