



HEALTHY HOLIDAY CHALLENGE



"Building a Better You!"

NAME: _____ CLOCK # _____

From December 11 – January 7, 2017 get 30 or more minutes of physical activity/exercise **AND** eat 5 fruits/vegetables on the same day, at least 5 days per week. Track your daily activity below.

Both requirements must be met daily on 5 or more days each week in order to qualify for the drawings.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Weekly Progress
Dec. 11 Fruits & Veggies ○○○○○ ____ Min Exercised	12 Fruits & Veggies ○○○○○ ____ Min Exercised	13 Fruits & Veggies ○○○○○ ____ Min Exercised	14 Fruits & Veggies ○○○○○ ____ Min Exercised	15 Fruits & Veggies ○○○○○ ____ Min Exercised	16 Fruits & Veggies ○○○○○ ____ Min Exercised	17 Fruits & Veggies ○○○○○ ____ Min Exercised	# days I ate 5 servings fruits/veggies and got 30+ minutes of physical activity this week on the same days: _____
18 Fruits & Veggies ○○○○○ ____ Min Exercised	19 Fruits & Veggies ○○○○○ ____ Min Exercised	20 Fruits & Veggies ○○○○○ ____ Min Exercised	21 Fruits & Veggies ○○○○○ ____ Min Exercised	22 Fruits & Veggies ○○○○○ ____ Min Exercised	23 Fruits & Veggies ○○○○○ ____ Min Exercised	24 Fruits & Veggies ○○○○○ ____ Min Exercised	# days I ate 5 servings fruits/veggies and got 30+ minutes of physical activity this week on the same days: _____
25 Fruits & Veggies Christmas Day! ○○○○○ ____ Min Exercised	26 Fruits & Veggies ○○○○○ ____ Min Exercised	27 Fruits & Veggies ○○○○○ ____ Min Exercised	28 Fruits & Veggies ○○○○○ ____ Min Exercised	29 Fruits & Veggies ○○○○○ ____ Min Exercised	30 Fruits & Veggies ○○○○○ ____ Min Exercised	31 Fruits & Veggies ○○○○○ ____ Min Exercised	# days I ate 5 servings fruits/veggies and got 30+ minutes of physical activity this week on the same days: _____
1 Fruits & Veggies New Year's Day! ○○○○○ ____ Min Exercised	2 Fruits & Veggies ○○○○○ ____ Min Exercised	3 Fruits & Veggies ○○○○○ ____ Min Exercised	4 Fruits & Veggies ○○○○○ ____ Min Exercised	5 Fruits & Veggies ○○○○○ ____ Min Exercised	6 Fruits & Veggies ○○○○○ ____ Min Exercised	7 Fruits & Veggies ○○○○○ ____ Min Exercised	# days I ate 5 servings fruits/veggies and got 30+ minutes of physical activity this week on the same days: _____

Number of days during the 4 weeks that I met **both** goals of fruits/veggies & physical activity: _____

Goal is 5 or more days each week for a grand total of 20 or more days for the month.

ENTER DATA ON THE WELLNESS WEBSITE (instructions on reverse side)

OR HAND IN LOG SHEET TO A WELLNESS TEAM MEMBER BY 1/20/2017.