



SUPPORT · EMPOWER · CONNECT

HEALTHY HABITS CHALLENGE

IT TAKES 21 DAYS TO MAKE A HABIT. SEPTEMBER'S CHALLENGE IS TO PICK TWO HEALTHY HABITS AND GET THEM TO STICK. EVERY DAY YOU DO YOUR HEALTHY HABIT, CHECK THE CIRCLE. TURN YOUR SHEET IN TO EMMA AT THE END OF THE MONTH FOR A CHANCE TO WIN A VISA GIFT CARD!

NAME:

LOCATION:

DEPT:

HEALTHY HABIT #1

HEALTHY HABIT #2

	WK 1	WK 2	WK 3
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THUR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	WK 1	WK 2	WK 3
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THUR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>