



Daily Wellness Challenge — Healthy Habits

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total	% Achieved
Walk 10,000 steps a day*																																	
Brisk exercise for a minimum of 30 minutes a day*																																	
Eat 5-9 servings of fruits and vegetables per day (cover your plate with 50% fruits and vegetables)*																																	
Sleep a minimum of 7 hours a night*																																	
Drink a minimum of 6 glasses of water a day (48 ounces)*																																	
Remain tobacco free*																																	

Month: _____

Name: _____

Department: _____

Check each box when you achieve the Healthy Habit goal for the day.
*Before starting any new nutrition or exercise routines please consult with your healthcare provider.

Personal Statistics (Confidential-employee only)

Beginning Weight: _____

Ending Weight: _____

Beginning Blood Pressure: _____

Ending Blood Pressure: _____

