



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:

