



# Celebrate a Healthier YOU Challenge

You will have a daily challenge to complete. Participants can earn a maximum of 30 points (one point for each day's challenge). Points are not awarded for additional healthy habits.

## DATE CHALLENGE

- 1 Make two [small goals](#) to accomplish this month.
- 2 List 10 things you are grateful for.
- 3 Try a new fruit or vegetable.
- 4 In honor of National Cholesterol Education Month, learn more [information](#) on cholesterol.
- 5 Go on a 15-minute walk.
- 6 Listen to a song that makes you happy.
- 7 Pack a [healthy lunch](#). If you're AWS, prepare a healthy lunch.
- 8 Tell someone you appreciate them.
- 9 Head to bed with enough time to get a full eight hours of sleep.
- 10 Limit distractions during mealtimes.
- 11 Drink at least 48 ounces of [water](#) during the day.
- 12 Aim for 30 minutes of [physical activity](#) today.
- 13 Give two people a genuine compliment.
- 14 Stress less. Practice [mindful meditation](#) for 10 minutes.
- 15 Swap the sweets for a piece of fruit.
- 16 Add a [stretch break](#) to your calendar to increase your flexibility.
- 17 Share a funny video or joke that makes you laugh.
- 18 Dance to your favorite song.
- 19 Try a new [healthy recipe](#).
- 20 Complete a [Random Act of Kindness](#).
- 21 Start your day with a [healthy breakfast](#).
- 22 Make half of your lunch and dinner plates [vegetables](#).
- 23 March in place for three minutes to get your heart going.
- 24 List three things you love about yourself.
- 25 Do something today that makes you smile.
- 26 Schedule time to relax today for at least five minutes.
- 27 Eat five servings of [fruits](#) and [vegetables](#).
- 28 Check out "[What Happens When I Stop Smoking](#)".
- 29 Reach out to someone you haven't talked to in a while.
- 30 Make one [personal healthy goal](#) to achieve by October 31.

# Celebrate a Healthier YOU Challenge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<input type="checkbox"/> <b>1</b> Make two <a href="#">small goals</a> to accomplish this month.	<input type="checkbox"/> <b>2</b> List 10 things you are grateful for.	<input type="checkbox"/> <b>3</b> Try a new fruit or vegetable.	<input type="checkbox"/> <b>4</b> In honor of National Cholesterol Education Month, learn more <a href="#">information</a> on cholesterol.	<input type="checkbox"/> <b>5</b> Go on a 15-minute walk.
<input type="checkbox"/> <b>6</b> Listen to a song that makes you happy.	<input type="checkbox"/> <b>7</b> Pack and enjoy a healthy lunch. If you're AWS, prepare a healthy lunch.	<input type="checkbox"/> <b>8</b> Tell someone you appreciate them.	<input type="checkbox"/> <b>9</b> Head to bed with enough time to get a full eight hours of sleep.	<input type="checkbox"/> <b>10</b> Limit distractions during mealtimes.	<input type="checkbox"/> <b>11</b> Drink at least 48 ounces of <a href="#">water</a> during the day.	<input type="checkbox"/> <b>12</b> Aim for 30 minutes of <a href="#">physical activity</a> today.
<input type="checkbox"/> <b>13</b> Give two people a genuine compliment.	<input type="checkbox"/> <b>14</b> Stress less. Practice <a href="#">mindful meditation</a> for 10 minutes.	<input type="checkbox"/> <b>15</b> Swap the sweets for a piece of fruit.	<input type="checkbox"/> <b>16</b> Add a <a href="#">stretch break</a> to your calendar to increase your flexibility.	<input type="checkbox"/> <b>17</b> Share a funny video or joke that makes you laugh.	<input type="checkbox"/> <b>18</b> Dance to your favorite song.	<input type="checkbox"/> <b>19</b> Try a new <a href="#">healthy recipe</a> .
<input type="checkbox"/> <b>20</b> Complete a <a href="#">Random Act of Kindness</a> .	<input type="checkbox"/> <b>21</b> Start your day with a <a href="#">healthy breakfast</a> .	<input type="checkbox"/> <b>22</b> Make half of your lunch and dinner plates <a href="#">vegetables</a> .	<input type="checkbox"/> <b>23</b> March in place for three minutes to get your heart going.	<input type="checkbox"/> <b>24</b> List three things you love about yourself.	<input type="checkbox"/> <b>25</b> Do something today that makes you smile.	<input type="checkbox"/> <b>26</b> Schedule time to relax today for at least five minutes.
<input type="checkbox"/> <b>27</b> Eat five servings of <a href="#">fruits</a> and <a href="#">vegetables</a> .	<input type="checkbox"/> <b>28</b> Check out " <a href="#">What Happens When I Stop Smoking</a> ".	<input type="checkbox"/> <b>29</b> Reach out to someone you haven't talked to in a while.	<input type="checkbox"/> <b>30</b> Make one <a href="#">personal healthy goal</a> to achieve by October 31.			

**Total Points:** \_\_\_\_\_

Take photos during the challenge, with [permission](#), and send to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov).



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