April, May, June

2nd Quarter Weekly Challenges

The Weekly Challenge is a simple suggestion for you to try for a week. It's making a small change in what you do for just seven days. To keep track of your success, post this sheet on your bulletin board at work or on your refrigerator at home and check the box each day you meet the challenge. Try it and see if it makes a difference. The goal is a healthier YOU.

Apr. 2: Choose opportunities to walk instead of driving the car.

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Apr. 9: Eat at least two vegetables at dinner and lunch.

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Apr. 16: Eat slowly and stop eating when I feel satisfied.

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Apr. 23: Write down the minutes that I get extra exercise or wear my pedometer and record my steps.

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Apr. 30: Watch no T.V. or play no computer games until I have gotten some exercise.

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May 7: Read food labels on all the foods I eat and calculate the number of calories I get from the food.

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May 14: Praise my friends, family, and/or co-workers when they make healthy lifestyle choices.

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May 21: Try a new healthy recipe using fruits and/or vegetables.

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May 28: Spend some time outside every day—weather permitting—and walk, run, bike, or hike, particularly on Memorial Day.

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June 4: Be mindful of the heat and drink plenty of water.

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June 11: Plan my vacation to include fun, relaxation, and exercise such as golf, biking, horseback riding, swimming, or hiking.

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June 18: Before eating out, I will decide what to order and will choose foods that are not fried.

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June 25: Invite my friends, family, and/or co-workers to exercise with me.

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