

Healthy Choices Challenge

Not only are we celebrating National Senior Health and Fitness day, May 25th, but we are also celebrating Global Employee Health and Fitness Month. In honor of both of these events, we designed the Healthy Choices Challenge!

This challenge will be a 6-week event to encourage better health habits among staff members and clients. We have broken down three separate health categories with different opportunities to earn points each day. This event will begin Sunday, May 29, and end Saturday, July 9. There will be three winners selected from both our staff members and our clients. Participants can only earn each point value once per day per category. The only exceptions are the water and step challenges. To join in on the fun, see our receptionist Cheryl at the front desk to collect your rubric and tracking sheet!

Mental Health	Physical Strength	Personal Wellness	Point Tracker
7-9 hours of sleep	Track your daily steps (1,000 steps = 2 points)	Track your water intake (every 4 cups = 2 points)	2
10 min in the meditation room	30 min in the workout room or LCAP exercise class	Swap lunch or breakfast for a healthy alternative	5
30 min mental rest - no screen or Sign up for a new LCAP class	Any high-intensity workout Running Swimming Jogging Lifting	Create your own new daily habit! Wear sunscreen Floss everyday Water or step goal	10

Name: John Doe

Weekly Total: 278

Weekday	Mental Health	Physical Strength	Personal Wellness	Grand Point total
Sunday	<input checked="" type="checkbox"/> 2 <input type="checkbox"/> 5 <input checked="" type="checkbox"/> 10 Notes: <u>Nature walk</u>	^{7,000} <input checked="" type="checkbox"/> 14 <input type="checkbox"/> 5 <input type="checkbox"/> 10 steps	^{12 cups} <input checked="" type="checkbox"/> 6 <input checked="" type="checkbox"/> 5 <input checked="" type="checkbox"/> 10 Water	$12 + 14 + 19$ <u>45</u>
Monday	<input checked="" type="checkbox"/> 2 <input type="checkbox"/> 5 <input type="checkbox"/> 10 Notes: _____	^{6,000} <input checked="" type="checkbox"/> 12 <input type="checkbox"/> 5 <input type="checkbox"/> 10 steps	^{16 cups} <input checked="" type="checkbox"/> 8 <input type="checkbox"/> 5 <input checked="" type="checkbox"/> 10 Water	$2 + 12 + 18$ <u>32</u>
Tuesday	<input checked="" type="checkbox"/> 2 <input checked="" type="checkbox"/> 5 <input type="checkbox"/> 10 Notes: <u>meditation room</u>	^{5,000} <input checked="" type="checkbox"/> 10 <input type="checkbox"/> 5 <input type="checkbox"/> 10 steps	^{16 cups} <input checked="" type="checkbox"/> 8 <input type="checkbox"/> 5 <input checked="" type="checkbox"/> 10 Water	$7 + 10 + 18$ <u>35</u>
Wednesday	<input checked="" type="checkbox"/> 2 <input type="checkbox"/> 5 <input checked="" type="checkbox"/> 10 Notes: <u>Reading no screen</u>	^{5,000} <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 5 <input type="checkbox"/> 10 steps	^{16 cups} <input checked="" type="checkbox"/> 8 <input checked="" type="checkbox"/> 5 <input type="checkbox"/> 10 Water	$12 + 15 + 13$ <u>40</u>
Thursday	<input checked="" type="checkbox"/> 2 <input checked="" type="checkbox"/> 5 <input type="checkbox"/> 10 Notes: _____	^{6,000} <input checked="" type="checkbox"/> 12 <input type="checkbox"/> 5 <input type="checkbox"/> 10 steps	^{12 cups} <input checked="" type="checkbox"/> 6 <input checked="" type="checkbox"/> 5 <input checked="" type="checkbox"/> 10 Water	$7 + 12 + 21$ <u>40</u>
Friday	<input type="checkbox"/> 2 <input type="checkbox"/> 5 <input checked="" type="checkbox"/> 10 Notes: <u>Bird watching</u>	^{4,000} <input checked="" type="checkbox"/> 8 <input type="checkbox"/> 5 <input type="checkbox"/> 10 steps	^{12 cups} <input checked="" type="checkbox"/> 6 <input type="checkbox"/> 5 <input checked="" type="checkbox"/> 10 Water	$10 + 8 + 16$ <u>34</u>
Saturday	<input type="checkbox"/> 2 <input type="checkbox"/> 5 <input checked="" type="checkbox"/> 10 Notes: <u>Nature hike</u>	^{12,000} <input checked="" type="checkbox"/> 24 <input type="checkbox"/> 5 <input type="checkbox"/> 10 steps	^{18 cups} <input checked="" type="checkbox"/> 8 <input type="checkbox"/> 5 <input checked="" type="checkbox"/> 10 Water	$10 + 24 + 18$ <u>52</u>

*Please be sure to turn this form into Cheryl when front and back are completed every two weeks.

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