

Healthy Habits Over The Holidays Challenge

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	_____	_____	_____	_____	2x Points Day _____	_____	_____
Week 2	_____	_____	2x Points Day _____	_____	_____	_____	_____
Week 3	2x Points Day _____	_____	_____	_____	_____	_____	_____



Each Healthy Habit Listed Below is Worth 1 point. Earn As Many Points As Possible Through The 3 Week Holiday Period. Strive To Complete At Least One Healthy Habit From Each Column Per Day, But There Is No Limit!

Fitness

- Go For a 20 Minute Walk
- Take 15 Minutes to Stretch
- Walk 5 Flights of Stairs twice a day
- Participate in a Fitness Class
- Do 30 Minutes of Cardio Exercise

Nutrition

- Eat Two Servings of Fruits/Vegetables
- Eat a Low-Fat High Fiber Breakfast
- Have 1 or Less Sweet Treat
- Have 1 or Less Serving of Alcohol
- Drink an Additional Glass of Water

Well-Being

- Practice Deep Breathing for 60 Seconds Two Times a Day
- Stop to Enjoy the Fresh Outdoor Air
- Eat Lunch Away From Your Workspace
- Wake up 15 Minutes Earlier & Take Time to Relax Before Your Day Begins

[Watch Webinar: Gratitude: A Skill for Happier Living*](#)
[Watch Webinar: Developing Will-Power and Self Control*](#)

* Webinars can be found on blogs.svvsd.org/wellness under upcoming events. Webinars may only be used for points ONCE during challenge.