

KIRTLAND SCHOOLS WELLNESS CHALLENGE

JANUARY 2018

NAME _____

SCHOOL _____

Staff or Student (circle one)

“HEALTHY CHANGES CHALLENGE”

This month is one of new beginnings. January’s challenge is all about balance. Do you eat a balanced diet with including foods from all 5 food group – Vegetables, Fruit, Whole grains, Protein, and Dairy or Dairy substitutes? Do you need to exercise? It is recommended that everyone get at least 60 minutes of exercise a day. For each time you eat a meal that has at least 4 or the 5 food groups give yourself 1 point for each meal. Each day that you get 60 minutes of exercise in at least 10 minute sprints give yourself 1 point. Strive to get at least 4 points a day. Commit to the New Year as a new beginning. Make 2018 your best year yet!

“Every human being is the author of its own health or disease: - Sivanda

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	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 POINTS FOR THE MONTH					

THE DEADLINE FOR ENTRY OF THIS FORM TO THE SCHOOL OFFICE IS FEBRUARY 5TH