

Name: _____

Healthy Life Style Challenge

DAILY CHALLENGE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Nutrition(4) eg. Breakfast(1) healthy Snack(0.5) Lunch(1) Healthy snacks(0.5) Dinner(1)	11 <i>nutri3</i> <i>exercise 2</i> <i>ms 2</i> <i>water 2</i>		Option Day			Option Day		
Exercise (4) Morning walk(1) Stretching(1) Move around(1) Other(1)		Option Day			Option Day			
Manage Sleep(4) Sleep on time(2) Wake up on time(2)	Option Day			Option Day				
Hydrate(2) Drink water instead of sugar base drinks(2) (water reminder app)			Option Day			Option Day		
Reduce Stress(4) Read or listen to a book(2) Try something new(1) Other(1)				Option Day				
Reflect(2) Help someone(1) Other(1)	Option Day							
Total points per day:20								

Enter number of points accomplished each day.