



Health & Fitness Challenges

February 2009

Health Challenge	Schedule	Point Value
<u>Sleep at least 6-8 hours</u>	February 2-6	2
<u>Listen to Low Back Pain podcast</u>	February 14	1
<u>Had my blood pressure taken</u>	February 17	1
Nutrition Challenge	Schedule	Point Value
<u>Ate a fruit or vegetable instead of a less healthier snack (candy, potato chips, etc.)</u>	February 19	1
<u>Ate breakfast (applicable for individuals who regularly skip breakfast)</u>	February 28	2
Fitness Activity Challenge	Schedule	Point Value
<u>Took a 5 minute stretch break from sitting at the desk</u>	February 9	1
<u>Took 5 minutes to meditate at work</u>	February 11	1
<u>Walked 10,000 Steps</u>	February 26	3
<u>Watch and performed In-Home Exercise Regimen</u>	February 24	2