



HEALTHY HOLIDAY

challenge

NAME: _____

The goal of this challenge is to support your overall wellbeing through simple daily takes.

- Participants who complete 22 out of the 25 tasks will be entered into a drawing to win 1 of 5 holiday gift baskets from the employee store.
- Employee participants who complete 25 of 25 tasks will be entered into a drawing for 250 Spark Points.

TRACKING SHEET

Return completed card to fitness_facility@amway.com

<input type="checkbox"/> TASK 1 Quote a funny holiday movie line to a friend	<input type="checkbox"/> TASK 2 Drink half the amount of your body weight (lbs) in water (fl oz)	<input type="checkbox"/> TASK 3 Decrease screen time by 1 hour	<input type="checkbox"/> TASK 4 Take any group fitness class	<input type="checkbox"/> TASK 5 Eat lunch with a friend
<input type="checkbox"/> TASK 6 Take 10 minutes of "you time"	<input type="checkbox"/> TASK 7 Avoid caffeine and sugar for the day	<input type="checkbox"/> TASK 8 Try 5 minutes of guided meditation	<input type="checkbox"/> TASK 9 30 minutes of intentional activity	<input type="checkbox"/> TASK 10 Pack 2 fruits in your lunch
<input type="checkbox"/> TASK 11 Try to core plank for 1 whole minute	<input type="checkbox"/> TASK 12 Try 2 new veggies with your dinner	<input type="checkbox"/> TASK 13 Give someone a compliment	<input type="checkbox"/> TASK 14 Embrace the outdoors for 30 minutes	<input type="checkbox"/> TASK 15 Try 1 new recipe this week
<input type="checkbox"/> TASK 16 Try an activity with a friend or family member	<input type="checkbox"/> TASK 17 Skip dessert at a holiday party	<input type="checkbox"/> TASK 18 Set 1 new goal for 2024	<input type="checkbox"/> TASK 19 Do a walking break or walking meeting	<input type="checkbox"/> TASK 20 Write a caring note / email to a friend or loved one
<input type="checkbox"/> TASK 21 Check into the fitness facility to workout or do an activity	<input type="checkbox"/> TASK 22 Eat lunch anywhere besides at your desk	<input type="checkbox"/> TASK 23 Post a healthy selfie to OY Facebook	<input type="checkbox"/> TASK 24 Submit a clean joke to fitness_facility@amway.com	<input type="checkbox"/> TASK 25 Give someone a high five today

