



# Protect Your Head

## CHALLENGE

Make it a habit to wear a helmet

### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or by your bike or motorcycle).
2. Create a plan to protect your head and wear a helmet when necessary.
3. Use the calendar to record your actions and learn more about helmet safety to protect your head.
4. At the end of the month, total the number of days you take action to protect your head or wear a helmet. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	

\_\_\_\_\_ Number of days this month I took action to protect my head or wear a helmet

\_\_\_\_\_ Number of days this month I was physically active for at least 30 minutes



### Other wellness projects completed this month:

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Name \_\_\_\_\_ Date \_\_\_\_\_