



CHALLENGE
Reduce the risk for falls and injuries at home

Fall-Proof Your House

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Create your own plan to fall-proof your house.
3. Use the calendar to record your actions and choices to reduce the risk of falls and injuries at home. 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. _____		
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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 reduce the risk of falls and injuries at home

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



Other wellness projects completed this month:

Name _____ Date _____