



Eat Leafy Greens

CHALLENGE

Add more leafy greens to your diet

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you eat leafy-green vegetables.
3. Use the calendar to record the actions and choices you make to help eating more vegetables become a regular part of your life.
4. At the end of the month, total the number of days you ate leafy-green vegetables. 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. _____		
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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 ate leafy greens
 _____ Number of days this month I got 30+ minutes of physical activity



Other wellness projects completed this month:

Name _____ Date _____