



# Protect Your Skin

## CHALLENGE

Be sun smart  
to protect  
your skin

### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you protect your skin from the sun.
3. Use the calendar to record the actions and choices you make walking a regular part of your life.
4. At the end of the month, total the number of days you take steps to protect your skin from the sun. 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<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ |  |
| HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ |  |
| HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ |  |
| HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ |  |
| HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ | HC<br>[ ]<br>ex. min. _____ |  |

\_\_\_\_\_ Number of days this month I protected my skin from the sun

\_\_\_\_\_ 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 \_\_\_\_\_