

Lakeview Clinic *Healthy Beginnings* World Health Day Challenge








Earn points for each of the categories below. Tally your points at the bottom of the page. Try to meet your own pre-set goal, or challenge friends or family to see who accrues the most points!

Don't forget to reward yourself for meeting your goal!
If you are challenging friends or family, everyone can pitch in towards a prize for the winner of your group!

Reward for meeting your goal
or winning a team challenge

Start Date: _____ End Date: _____

BONUS	(14 possible points) Earn 1 point for every day you have no screen time at least 20 minutes prior to going to bed.		Points
BONUS	(14 possible points) Earn 1 point for every day you cut out sweets.		Points
BONUS	(14 possible points) Earn 1 point for every day you eat at least "4 colors of the rainbow."		Points
BONUS	(14 possible points) Earn 1 point for every day you get at least 8,000 steps or steps equivalent.		Points
BONUS	(14 possible points) Earn 1 point for every day you avoid caffeine, tobacco, and alcohol.		Points



Great job! Keep practicing these healthy habits! Rewarding yourself for meeting goals can help, and remember to keep trying even when you don't always meet your goals!

Total Points