**Healthy Challenge - $1 to enter ----- it will run from October 11 – October 22**

**Daily Challenge List**

Stretch for 10 minutes No soda

Exercise for 30 minutes No candy

Eat 3 servings of Vegetables No chips

Eat 2 servings of Fruit No fast food

Eat a healthy breakfast No TV

Get 7-8 hours of sleep No social media

30 minutes of ME time (personal de-stress time) No added salt

You need to check off at least 7 items from the list daily.

For each day that you get 7 things on the list – put a check in the box below for that date.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Oct 11 | Oct 12 | Oct 13 | Oct 14 | Oct 15 | Oct 16 |
| Oct 17 | Oct 18 | Oct 19 | Oct 20 | Oct 21 | Oct 22 |

If you get 5 days out of the 12 days, your name will be put in one time for the drawing to win the cash. If you get 7 days out of the 12, your name will be entered 3 times. If you get at least 10 days out of 12, your name will be entered 5 times.

**You must turn in your completed calendar and money to Coach Haus by Tuesday October 26. The winning name will be drawn October 27th by the end of the day.**