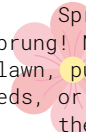


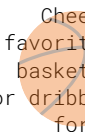



















SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					 Spring has sprung! Mow your lawn, pull some weeds, or work in the garden	 Get outside for a walk, run or stroll
 Set a personal physical fitness goal for the week	 Cheer on your favorite college basketball team or dribble a ball for 1 minute	 Go for a midday stroll at lunch	 Stretch as high as you can 5 times	 Walk, rollerblade, or bike somewhere that you would normally drive	 Challenge yourself to do as many push-ups or sit-ups as you can	 Get outside for a walk or run by yourself, with your dog or with family
 Calf raises while washing the dishes, or while doing another chore	 Hit the gym or do 10 minutes of strength training at home	 Do 3 laps around your workplace or school	 Do some relaxing stretches when you first wake up this morning	 Park in the farthest parking spot on your way into work or the grocery store	 Challenge a friend to an arm wrestle	 Do squats, lunges or push-ups while watching 3 TV commercials
 Find or hide some Easter eggs	 Do 1 minute of arm circles	 Pick a distance and challenge a friend to a speed walking race	 FREEBIE DAY... today's activity is up to you!	 Get your steps in! 10,000 of them	 See how many jumping jacks you can do	 Go for a mindful walk: Observe your surroundings without looking at your phone
 Dance break in your living room! Get moving for 1 minute	 Listen to your favorite music	 Go to bed 30 minutes earlier than usual	 Step outside for a natural mood booster	 Stand up at your desk while working for at least 10 minutes	 Pick one of your favorite days and do it again!	 REST DAY... you've earned it!

DON'T FORGET!
YOU GET 5 FREEBIE DAYS :)

Complete your monthly calendar + month-end survey to be entered to win 1 of 4 prize baskets! (\$50 value)
Refer to nwoesc.org/HealthyHabitsChallenge for more details.

NEXT MONTH: PUTTING IT ALL TOGETHER BINGO CHALLENGE