



Name _____

Email _____

Phone (_____) _____

Start Date _____ End Date _____

Please add me to the wellness email list

HEALTHY HOME CHALLENGE

Improve your health behaviors at home with this one-week challenge. The checklist must be completed within seven consecutive days and **130** points must be earned by the end of the seven days in order to be eligible for the drawing. Each activity is worth one point unless otherwise indicated.

All submissions must be in by 5 p.m. on Tuesday, September 8.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
NUTRITION							
Tried a new recipe							
Cooked dinner from scratch (nothing from a box, jar or bottle)							
Used a smaller plate or bowl to control portion size							
Packed a lunch for work							
Ate a meatless meal for lunch or dinner							
Filled 1/2 of the dinner plate with vegetables or fruit							
Tried a new vegetable							
Ate four different colored vegetables and/or fruits throughout one day (2 pts.)							
Used whole grains instead of refined (i.e. white flour products)							
Did not consume any beverages with added sugar							
Kept a food log/diary							
Assessed level of hunger before eating (1 being starving, 10 being stuffed)							
Reorganized refrigerator or pantry so healthier items are up front							
ACTIVITY AND LIFESTYLE							
Slept 7 hours or more							
Drank 8 or more 8-ounce glasses of water							
Applied sunscreen before going outside							
Laid out exercise clothes and/or packed a gym bag the night before							
Did 30 or more minutes of aerobic activity (walking, running, elliptical, dancing, etc.)							
Did 30 or more minutes of weightlifting or strength training							
Parked further away from your destination							
Performed an exercise during each commercial break							
Did 10,000 steps in a day (2 pts.)							
Stretched for 5-10 minutes upon waking or before bed							

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WORK/LIFE BALANCE							
Woke up 15 minutes earlier to avoid morning rush							
Left the work station to eat lunch							
Walked with a coworker during the work day							
Took the stairs all day at work							
Did not check email or work phone while not at work							
Ate at the dinner table with no electronics (TV, phones, computers, etc.)							
Limited TV time to 1 hour							
Called someone you haven't talked to in awhile							
Practiced 5 minutes of deep breathing							
Performed a random act of kindness (2 pts.)							
HEALTHY HOME ENVIRONMENT							
Recycled all paper, glass, plastic or aluminum wastes used in your home							
Used a reusable water bottle all day							
Cleaned one area of your home for at least 10 minutes							
Used eco-friendly or self-made household cleaners							
Washed clothes in cold water instead of hot							
Took a 5 minute, timed shower							
Turned off and unplugged unused chargers, appliances, electronics, etc.							
Got a plant for inside the home							
Made a Do-It-Yourself project (2 pts.)							
Used reusable grocery bags instead of paper or plastic							
Bought produce from a farmers market							
Donated items to a charity or thrift store (2 pts.)							
GET INFORMED (EACH ARTICLE WORTH 1 PT., MAX OF 2 PTS. PER DAY)							
Read an article from the Summer Reading list provided (indicate the # of the article read)							
DAILY TOTAL:							



Submit your completed checklist to Holly Davis by 5 p.m. September 8.
 Scan and email to: daviho@shands.ufl.edu or
 Fax to: 352.627.4038

Must have at least 130 points to be eligible for the drawing.

WEEK TOTAL

