



Holiday Challenge
CAUTION:
Creating Healthy Habits

NAME: _____

How to Earn a Chance in the Prize Drawing:

Email Jill Memmer weekly your Healthy Habit Change completion and/or challenges.

Prizes: 4 Winners will get \$50 to amazon.com

Week of	Nov 6-12	Nov 13-19	Nov 20-26	Nov 27-Dec 3	Dec 4-Dec 10	Dec 11-17	Dec 18-24
Weekly Healthy Habit							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							