

30-Day Challenge Log

TRACK YOUR PROGRESS!



Phone Number: () _____

Address: _____

First Name: _____ Last Name: _____

Start Date: _____ End Date: _____ Total Points: _____ /540

FRUIT & VEGGIES		EXERCISE & ACTIVITY		WATER CONSUMPTION		HEALTHY HABIT		DAILY TOTAL	
Goals	Aim for 5 fruits and veggies daily	Aim for 60 minutes		Aim for 64 oz daily (8x 8 oz cups)		Complete one healthy habit each day		Aim for 100%	
Keeping Track	Shade in an 🍏 for each fruit or veggie you eat each day	Shade in a 🏃 for each 15 minutes of exercise you get		Shade in a 🥤 for each cup of water you drink		Shade in a 😊 for each healthy habit you complete		Take 1 point for each icon you shaded in	

	Fruits & Veggies 	Exercise & Activity 	Water Consumption 	Healthy Habit 	Total Points
EXAMPLE	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	14
DAY 1	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 2	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 3	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 4	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 5	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 6	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 7	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 8	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 9	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 10	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 11	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 12	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 13	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 14	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 15	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 16	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 17	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 18	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 19	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 20	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 21	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 22	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 23	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 24	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 25	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 26	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 27	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 28	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 29	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	
DAY 30	🍏🍏🍏🍏🍏	🏃🏃🏃🏃	🥤🥤🥤🥤🥤🥤🥤🥤	😊	

Once completed drop off the form in the drop box at the Manti City Building or email it to vernj19@hotmail.com to claim your Prize!

Healthy Habits

30-DAY CHALLENGE

Pick a different healthy challenge to complete each day.

- Breakfast is the most important meal of the day, so start your morning with a healthy one.
- Brush and floss your teeth at bedtime—and make sure to brush for a full two minutes.
- Avoid sugary treats today and have a piece of fruit instead.
- Be a helper! Help your family make dinner tonight.
- Go for a walk around your neighborhood.
- Breathe in ... breathe out ... take 10 deep breaths and feel your body relax.
- Dance party! Crank up the tunes and get down to your favorite songs.
- Stretch down and touch your toes, then stretch up and reach the sky. Repeat five times.
- Slow down—it takes 20 minutes for your stomach to tell your brain that it's full.
- Get moving with GoNoodle: <https://family.gonoodle.com/>
- Turn off the TV and put away the tablet. Limit your non-school screen time to two hours a day.
- Get outside and shoot some hoops.
- Have an attitude of gratitude by making a list of five things you're thankful for.
- Challenge your brain by working on a puzzle or sudoku.
- Count how many times you can dribble a ball in a row—aim for at least 25.
- Go for a ride on your bike or scooter. And don't forget your helmet!
- Work your brain AND your body. For every 15 minutes of homework, stand up and jog in place for one minute.
- Try to stay on schedule. Go to bed and wake up at the same times each day.
- Say "Cheese!" Smile today—it will boost your mood.
- How many jumping jacks can you do in one minute? Set a timer and get jumping.
- Eat the rainbow by having three or more different colors of food on your plate.
- Get FIT as a family—take everyone outside to play today.
- Practice mindfulness. Sit outside in silence for one minute as you pay attention to the sounds and sensations around you.
- Wash your hands the right way! Scrub with soap and warm water for 20 seconds (as long as it takes to slowly sing the ABCs).
- Read a good book for 20 minutes or longer.
- Eat your fruit, don't drink it. Limit juice to one cup a day.
- Help tidy up. Sweeping and mopping are fun ways to be active.
- Eat an extra serving of veggies at dinner.
- Jump rope for five minutes ... and then try doing it backward!
- Blow up a balloon and play indoor volleyball.
- Have a pushup contest with your family. Who can do the most?
- Do something nice for a family member.
- Do a basketball drill at home. Visit <https://jazzyouth.com/junior-jazz/skills-and-drills/> for some ideas
- Make an obstacle course outside using pool noodles, hula hoops, jump ropes and more. Get creative!
- Go meat-free tonight—load up on veggies, beans and whole grains at dinner.
- Play cards or a board game with your family.