PRE-LAUNCH CHECKLIST FOR AGES 18+

HEALTHY•FUTURES

MARCH 8–14
☐ Try a new veggie or fruit
☐ Do 25 squats each day
☐ Clean out a junk drawer
☐ Spend an evening with family
☐ Donate 5 items to an outreach organization or charity
☐ No candy or sweets
☐ Set a goal for next week and complete it

MARCH 15–21
☐ Get 6–8 hours of sleep each night
☐ Take the stairs
☐ No pop or energy drinks
☐ Eat lunch with someone
☐ List 2 things you want to get done tomorrow
☐ Exercise 30 minutes for 4 days
☐ 10 minutes of meditation or prayer

MARCH 22–28
☐ Volunteer
☐ Do something you love to do
☐ Reuse shopping bags
☐ Try a new exercise or exercise class
☐ Eat a meal without looking at your phone or a TV
☐ Compliment someone
☐ Turn off the water when brushing your teeth

MARCH 29–APRIL 4
☐ Log your food for the week
☐ Are you due for a physical? If yes, make an appointment
☐ Take 10,000 steps each day
☐ Connect with an old friend
☐ Write down 3 Good Things
☐ Send someone a note of appreciation
☐ Explore 5 places you want to visit

APRIL 5–11
☐ Park in the farthest spot
☐ No social media for 1 day
☐ Stretch morning and night
☐ Pay it forward
☐ Drink 64 oz. of water a day
☐ Spend 30 minutes outside
☐ Eat from all 5 food groups

RETURN COMPLETED CHECKLIST TO HEALTHY FUTURES ON THURSDAY, APRIL 16, FOR A CHANCE TO WIN PRIZES

NAME ___________________________ PHONE ___________________________
HEALTHY FUTURES CHALLENGE INSTRUCTIONS & RULES

• You must participate in at least four of the weekly checklists to be eligible to win prizes.

• Unless the instructions are stated differently, try to complete each week’s checklist daily.

• Your completed challenge must be returned at the Healthy Futures event to be entered for prize drawings.

• Healthy Futures will be held at the Perham High School (800 Coney St. West, Perham, MN) on Thursday, April 16 from 4:30-7:30 p.m.

LEARN MORE ABOUT HEALTHY FUTURES

www.perhamhealth.org/events/healthyfutures

Find the Healthy Futures 2020 event on Perham Health’s Facebook page for more information about speakers and presenters.