# Healthy Futures

## Pre-Launch Checklist for Ages 17 & Under

### March 8-14
- Dance for 15 minutes
- Read for fun
- Eat dinner as a family
- Try a new veggie or fruit
- Write down 3 Good Things
- Send someone a letter
- Turn the water off while brushing your teeth

### March 15-21
- No candy/pop
- Recycle
- Tell someone you love them
- Run in place for 2 minutes
- Donate an item you do not use to charity
- Go to bed 30 minutes early
- Cook a healthy meal with your family

### March 22-28
- Help a friend
- Greet someone
- Set a goal for next week and complete it
- Take out the garbage
- Eat breakfast
- Do 25 jumping jacks
- Sit quietly for 10 minutes and relax

### March 29-April 4
- Go for a walk
- Eat from all 5 food groups
- Floss your teeth
- No complaining
- Play a board game
- Write 3 things you like about yourself
- Make someone laugh

### April 5-11
- Go 1 day without screen time
- Do an extra chore
- Smile at 10 people
- Drink 8 glasses of water
- Compliment a friend
- Stretch morning and night
- Thank someone

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**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.