








with	C	R	E	W
W	 familyfitness 1	Drink your Water 64 oz 24 days this month 2	Take a Hike on a Trail (work toward a 30 minute hike) 3	 4
E	 5	Half the Sugar 6	 7	Steps Tracker 8
L	Visit a Farmer's Market 9	 10	Visit a WWC Booth 11	 12
L	 13	Snack Wisely 14	 15	Cooking with CREW: try 1 new CREW recipe and share with a friend 16

* 25 points for each square completed. Wellcards Due by October 5th!

Participant Name: _____



September 2017- Wellcard ChallengeMonth

September Wellcard Activities

*Mark each square as you complete that activity. Each square is worth 25 points,. Wellcards are due to Meghan by October 5th!

1. Teaching your family the importance of family time and exercise all at one time. Exercise as a family for 30 minutes two times this month
2. Drink 64oz of water daily x24 days this month
3. Take a Hike: work toward 30 minute hike
4. Make a one week meal plan-attach a copy of your meal plan with your Wellcard. (see link on website for template)
5. Flu Season is right around the corner-get your flu shot today!
6. Make your favorite dessert but use only 1/2 the sugar that the recipe calls for. Share your recipe with a friend or post on the blog or Facebook page.
7. Dancing is a fun form of exercise. Find an activity that gets your toes tapping and your body moving. See blog for examples of dance videos or find your own favorite and complete at least 1 workout in the form of dance.
8. Complete one week Step Tracker and attach a copy with your Wellcard. (see link on blog to print your steps tracker)
9. Fresh is Best-Visit a local farmer's market and enjoy all the fresh fruits and vegetables available this month!
10. Free Space: choose your own wellness habit to work on this month
11. Visit one of the WellwithCREW booths offered this month (don't forget to sign in as you will get 50 points each time you visit a WWC booth)
12. Make at home workouts part of your routine. Check out FitnessBlender.com and complete 5 workouts from this site during the month. Look for workouts that are at least 20 minutes in length.
13. Be the Reason someone Smiles Today: Make an anonymous donation or pay for someone's meal: anytime you feel like someone could use the kind gesture.
14. Snack Wisely: Fruits and Vegetables are very important and More Matters. Replace once sweet/salty snack with a fruit or vegetable at least once this month.
15. Safety First: Mark this off if you replace your batteries or install a new smoke detector in your home.
16. Try one new WellwithCREW recipe listed on the blog-share with a friend, post on the blog or share on CREW Facebook page.

*Follow the WellwithCREW blog at <https://wellwithcrew.wordpress.com/>