

INSTRUCTIONS

To participate in the Mindful Health Challenge, simply give yourself one point for every activity you accomplish each day. Tally your weekly score by adding up the total number of points for the week. **Submit your weekly points.**

Name: _____

Date: _____

Week: _____

ACTIVITY	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
I got seven hours of sleep last night								
I disconnected from technology for 30 minutes today								
I ate vegetables today								
I was active for 30 minutes today								
I was kind to myself or someone else today								
I had breakfast today								
I laughed today								
I took a stretch break today								
I scheduled "me" time today								
I spent time with family/friend								

CLEAR FORM

PRINT FORM

TOTAL POINTS FOR THE WEEK