

Student Body Challenge Plan

1) Write your ideal vision for your health/wellbeing.

2) Set your goals for the challenge!

3) List your key action steps for success!

CHALLENGE LOG

Day	Healthy You Points	Fit You Points	Real/ Resilient You Points	Additional Points
EX	<i>5 - vegetables</i>	<i>2 - break walk</i>	<i>3 - journalled</i>	<i>4 - slept 8 hours</i>
1.				
2.				
3.				
4.				
5.				
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7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

Day	Healthy You Points	Fit You Points	Real/ Resilient You Points	Additional Points
16.				
17.				
18.				
19.				
20.				
21.				
22.				
23.				
24.				
25.				
26.				
27.				
28.				
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30.				
31.				