

Be a Wellness Champion!

Live Healthy Live Well



Name: _____

Email: _____

Activities:

- Set a SMART Wellness Goal: _____
- Aim for 5 Vegetables & Fruits Every Day (V & F – 5)
- Aim for 30 Minutes of Physical Activity at least 5 times a week (List type and minutes)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 30 <i>Example</i> V & F - 5 Walk - 30 Goal - ✓	31	Sept. 1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
27	28	29	30	October 1	2	3
4	5	6	7	8	9	10
11 Challenge Ends –	12 Take Post Survey	13 Is Your Goal Part of Your Routine?	14	15	16	17

EMAIL or FAX results to: Amanda Bohlen, bohlen.19@osu.edu by email or 740-376-7435 (fax) by October 19.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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