

Name: _____

Please return to Bohlen.19@osu.edu

or fax to 740-376-7435

Live Healthy Live Well**Think Green...It's Not Just a Color!****Challenge Checklist**☐

I challenged myself to adapt or learn a new skill needed to obtain the life I desire.

Date: _____

☐

I cleaned my home or organized a room in my house to create a cozy, relaxing haven for me and my family.

Date: _____

☐

I cancelled a subscription I don't need or use in order to increase the green in my wallet.

Date: _____

☐

I went outdoors to discover nature and enjoy the many mental and physical health benefits of green spaces.

Date: _____

☐

I expanded my diet to include more greens in my meal today.

Date: _____

☐

I took care of my health today by: _____.

Date: _____

