

## **Go! Go! Go! Instructions**

This challenge is a fun way to incorporate wellness activities into your life. You are being challenged to enhance and reinforce your lifestyle choices by taking the time to experience various actions that will strengthen your wellness muscle.

1. Read all of the activities.
2. Decide which ones will take a bit of planning to fit into your schedule.
3. Your goal is to \_\_\_\_\_  
\_\_\_\_\_
4. When you complete an activity, mark the appropriate square on your Wellness Activity Challenge tracking sheet. Use an indicator of your choice, such as a sticker, colored pen, smiley face, check mark, or even a thumb print.
5. Turn your sheet in to \_\_\_\_\_  
by \_\_\_\_\_.
6. This will make you eligible to win  
\_\_\_\_\_
7. **HAVE FUN!!!**  
The contact for this event is:  
\_\_\_\_\_

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