

'Living Well' Challenge Card

Effingham County

VISION 2020



Celebrate and 'Live Well'.

Directions: Complete at least 2 activities in each of the 'Living Well' categories each day.

You need to have at least 10 activities checked for each day.

Activity	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
Nutrition and Food Safety							
Ate 2 or more cups of fruit (1 cup of fruit, 1/2 cup dried, 1 cup of juice = 1 cup).							
Ate 2 or more cups of vegetables (1 cup raw or cooked, 1 cup juice, 2 cups leafy greens = 1 cup).							
Ate 6 ounces of wheat grain products (1 slice bread, 1 cup cereal, 1/2 cup rice or pasta = 1 ounce).							
Consumed 3 cups of dairy products or equivalent (soy or calcium supplement) (8oz yogurt or milk, slices cheese, 1/3 cup shredded cheese, 1/2 cup frozen yogurt = 1 cup).							
Washed your hands with soap and water before eating.							
Your choice: _____							
Healthy Lifestyle							
Walked for 30 minutes.							
Got 7 hours of sleep.							
Exercised at least 30 minutes.							
Took time for myself.							
Completed a stress relief activity.							
Your choice: _____							
Activity	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
Healthy Environment							
Recycled beverage/drink containers.							
Picked up a piece of litter or trash.							
Completed a random act of kindness.							
Your choice: _____							
Financial Health							
Compared prices before buying.							
Shared a car trip , meal, or walked.							
Your choice: _____							
Balancing Work and Family							
Met a new friend.							
Called a loved one.							
Didn't e-mail today.							
Had a non-work related conversation with someone.							
Your choice: _____							

Name _____

Address _____

Return your completed 'Living Well' Challenge Card to the University of Illinois Extension Office, Effingham County, 1209 Wenthe Dr. in Effingham.