**Healthy Challenge**

Employee Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Give up one bad habit (see rules for examples). Check off each day you successfully **Did Not** do your bad habit.

Week 1: Day 1 \_\_\_\_\_\_ Week 2: Day 1 \_\_\_\_\_\_

Day 2 \_\_\_\_\_\_ Day 2 \_\_\_\_\_\_

Day 3 \_\_\_\_\_\_ Day 3 \_\_\_\_\_\_

Day 4 \_\_\_\_\_\_ Day 4 \_\_\_\_\_\_

Day 5 \_\_\_\_\_\_ Day 5 \_\_\_\_\_\_

Day 6 \_\_\_\_\_\_ Day 6 \_\_\_\_\_\_

Day 7 \_\_\_\_\_\_ Day 7 \_\_\_\_\_\_

Please fax to Jes Snyder at corporate office