

30-Day Challenge Log

TRACK YOUR PROGRESS!



Phone Number: () _____

Address: _____

First Name: _____ Last Name: _____

Start Date: _____ End Date: _____ Total Points: _____ /510

| | FRUIT & VEGGIES | EXERCISE & ACTIVITY | WATER CONSUMPTION | HEALTHY HABIT | DAILY TOTAL |
|---------------|---|--|--|--|--|
| Goals | Aim for 5 fruits and veggies daily | Aim for 30 minutes | Aim for 64 oz daily (8x 8 oz cups) | Complete one healthy habit each day | Aim for 100% |
| Keeping Track | Shade in an 🍏 for each fruit or veggie you eat each day | Shade in a 🏃 for each 10 minutes of exercise you get | Shade in a 🍷 for each cup of water you drink | Shade in a 😊 for each healthy habit you complete | Take 1 point for each icon you shaded in |

| | Fruits & Veggies | Exercise & Activity | Water Consumption | Healthy Habit | Total Points |
|---------|----------------------|-------------------------|-----------------------|-------------------|--------------|
| EXAMPLE | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | 13 |
| DAY 1 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 2 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 3 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 4 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 5 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 6 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 7 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 8 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 9 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 10 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 11 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 12 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 13 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 14 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 15 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 16 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 17 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 18 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 19 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 20 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 21 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 22 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 23 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 24 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 25 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 26 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 27 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 28 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 29 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |
| DAY 30 | 🍏🍏🍏🍏🍏 | 🏃🏃🏃 | 🍷🍷🍷🍷🍷🍷🍷🍷 | 😊 | |

Once completed drop off the form in the drop box at the Manti City Building or email it to vernj19@hotmail.com to claim your prize

Healthy Habits

30-DAY CHALLENGE

Pick a different healthy challenge to complete each day.

- Hit the sack early and get eight hours of sleep.
- Write down five things you're grateful for.
- Reduce screen time by one hour.
- Get up and walk three minutes every hour you're sitting.
- Read a book for 20 minutes.
- Avoid sugary treats—eat a piece of fruit to satiate your sweet tooth.
- Start your day with a healthy breakfast.
- Brush your teeth for a full two minutes and don't forget to floss.
- Feeling tense? Take 10 deep breaths and feel your body relax.
- Slow down—it takes 20 minutes for your stomach to tell your brain that it's full.
- Do something nice for someone else today.
- Eat the rainbow—fill your plate with three or more different colors.
- Don't snack after dinner—avoid food at least two hours before bedtime.
- Get outside and work in your yard.
- Go on a walk around your neighborhood.
- Smile and laugh today—it will instantly lift your mood.
- Enjoy a meatless meal. Load up on veggies, beans and whole grains instead.
- Think positive thoughts ... tomorrow is a new day.
- Eat from a smaller plate than usual.
- Say hello to the day with some stretching or yoga movements.
- Portion distortion—check nutrition labels and consume the correct serving size.
- Nuts are filled with protein and keep you full longer—eat a handful when craving a salty snack.
- Try a new exercise video on YouTube.
- Wear your seat belt every time you're in the car.
- Challenge your brain—do a puzzle or sudoku.
- Be silent for one minute and pay attention to the sounds around you.
- Skip the soda for one day—drink more water instead.
- Feel like a kid again—jump rope, hula hoop or play hopscotch for 15 minutes.
- Phone (don't text!) a friend or family member and catch up.
- Eat all your meals at the table instead of at your desk or in front of the TV.
- Get 10,000 steps today.
- Netflix binge? Pause the autoplay and get moving for five minutes before you stream the next episode.
- Do some meal prep for the week ahead.
- Work up a sweat while cleaning up! Chores like mopping and sweeping are great calorie burners.
- Recharge—spend 30 minutes on your favorite hobby.
- Dance like no one's watching—blast your favorite song and get down!