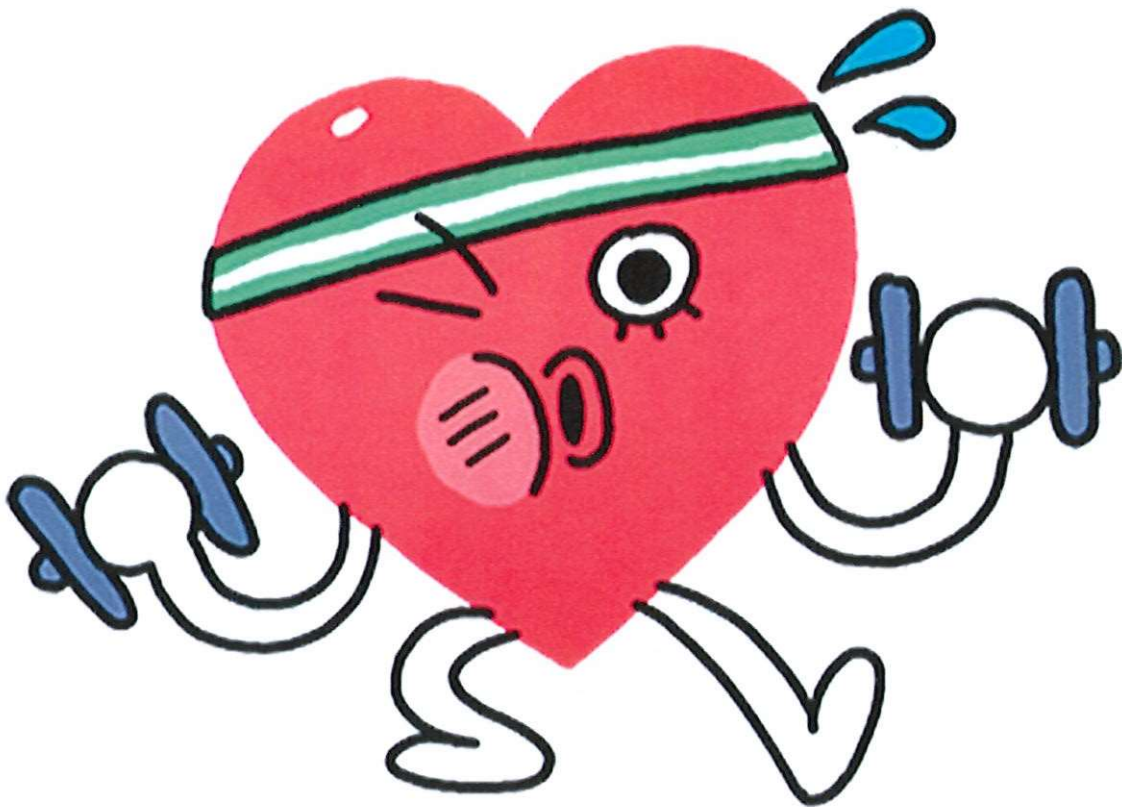




# Follow Your Health Wellness Challenge



February 2025



## Follow Your Health Challenge



I go bananas over you: food log for at least 7 days

You are a tall glass of water: drink 8 glasses of water per day for 14 days

Love makes me want to jump for joy: do 150 minutes of physical activity for 7 days

My heart skips a beat around you: take a walk outside on one of the local trails this month

If this is a dream, please don't wake me up: fall asleep before midnight for at least 14 days

Sweeter than candy: Go 7 days without eating sweets

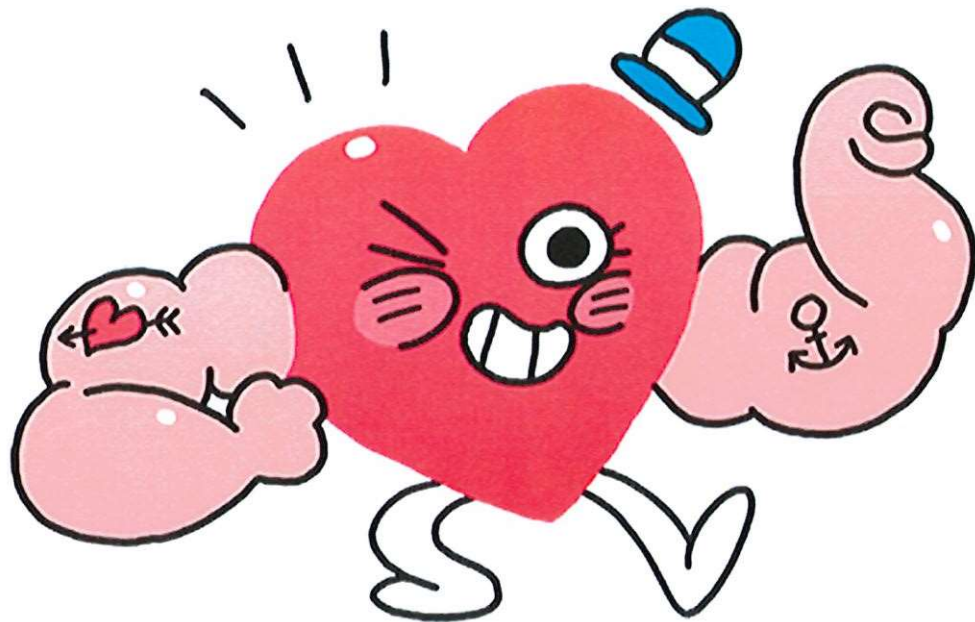


You make me feel bubbly: go 7 days without soda

I'm hungry for love: go 14 days without fast food

Love yourself: complete a bingo in self-care bingo in the packet

Picture perfect: take a selfie with a loved one or pet





# My Food and Beverage Diary

Date: \_\_\_\_\_

Monday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Tuesday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Wednesday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Thursday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Friday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Saturday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Sunday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

**Notes:**

Learn more at [https://www.cdc.gov/healthyweight/losing\\_weight/eating\\_habits.html](https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html)



# MONTHLY WATER TRACKER



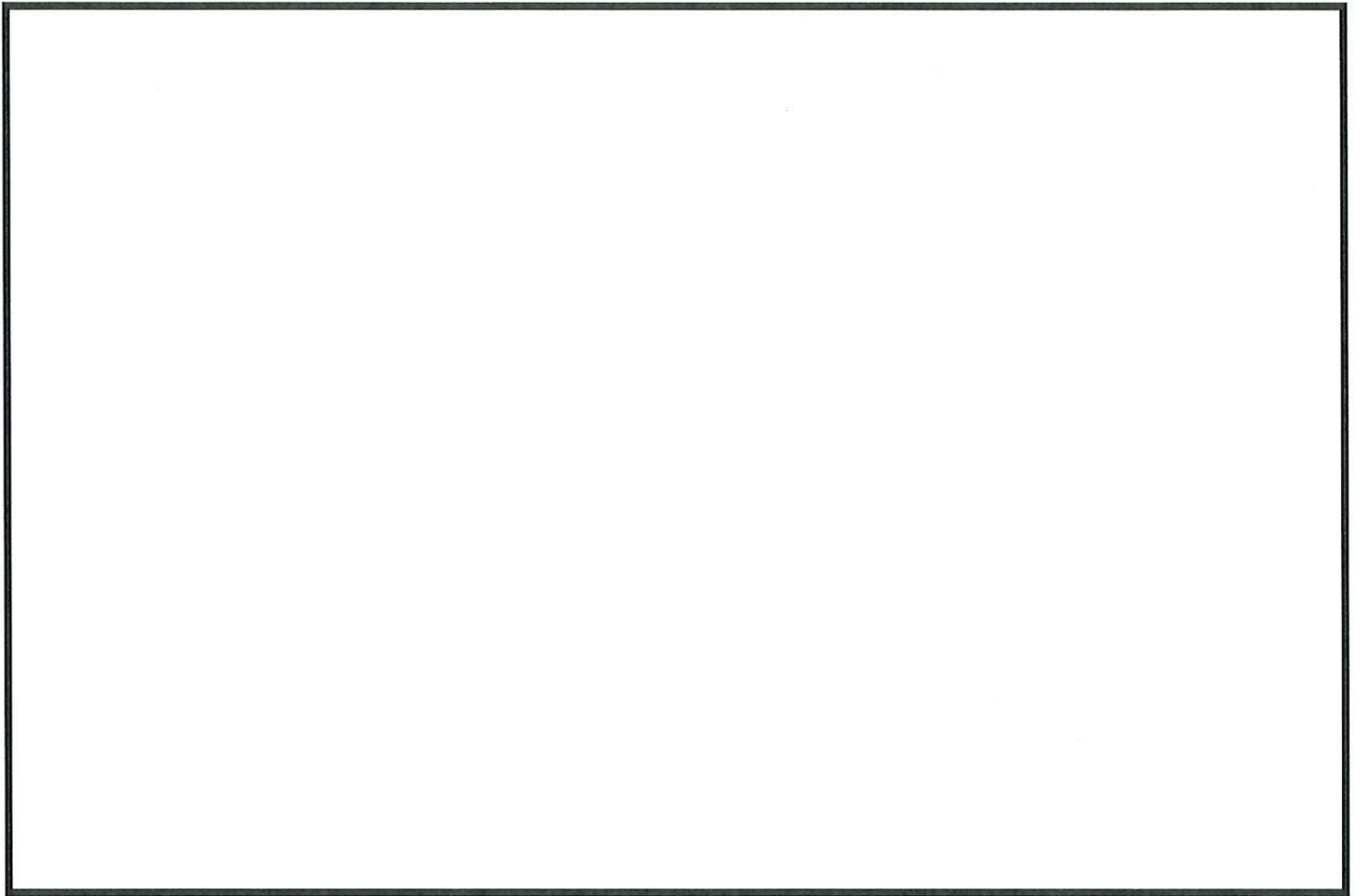
1									
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## Happy Trails!

To see a list of trails in Hancock County please visit <https://trailsandparksinhancock.org>. Please post a picture of you by the trail sign below. Or post it on our Facebook page!







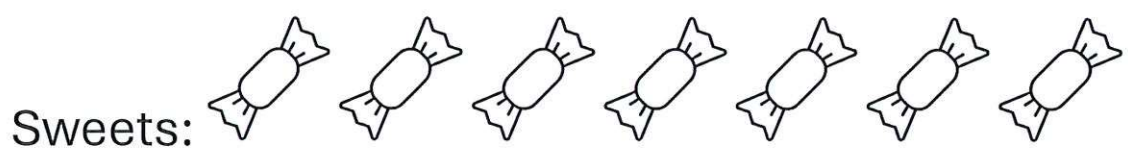
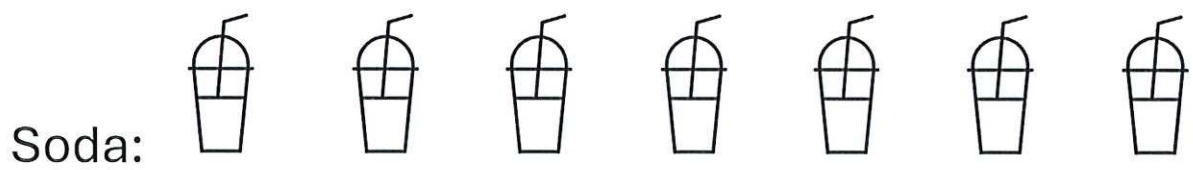
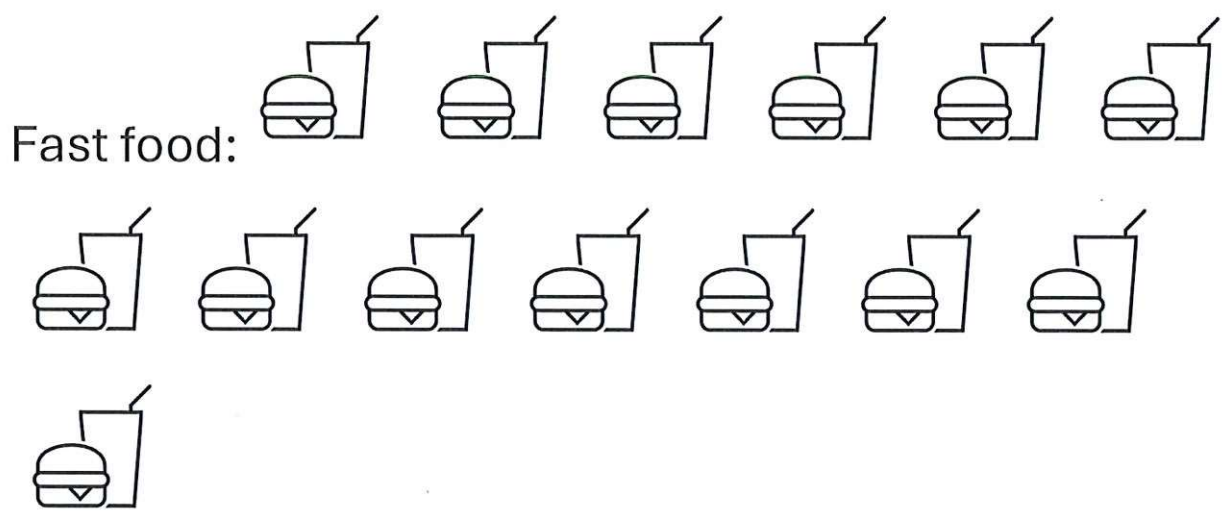
# SLEEP LOG



	PM					AM										PM				
1	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
2	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
3	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
4	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
5	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
7	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
8	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
9	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
10	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
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14	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
15	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
16	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
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21	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
22	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
23	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
24	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
25	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
26	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
27	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
28	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
29	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
30	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2
31	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2



**Color/ Check off days that you have had no  
Fast Food, Soda, or Sweets**



# SELF-CARE BINGO

NOTE TO SELF: Self-care is crucial for maintaining my overall well-being. It involves prioritizing activities that promote relaxation, stress relief, and renewal, such as setting healthy boundaries, practicing mindfulness, getting enough sleep and exercise, and having creative outlets that I enjoy. It's about creating a space for myself to recharge and revitalize so that I can be the best version of myself in every aspect of life.

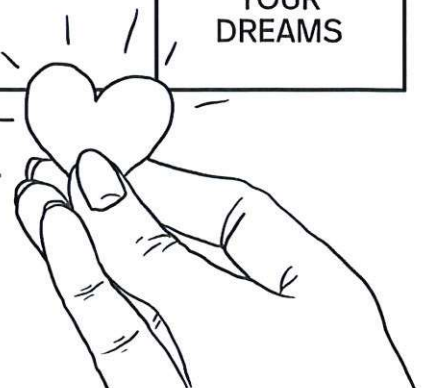
Have fun prioritizing your own self-care by completing a BINGO from the board below:

UNPLUG FROM TECHNOLOGY FOR A DAY	COMPLETE A CREATIVE PROJECT	GO FOR A WALK	PUT YOURSELF FIRST FOR AN ENTIRE DAY	VISIT A NEW PLACE
PLANT SOMETHING	LISTEN TO YOUR FAVORITE MUSIC	DO SOMETHING NICE FOR SOMEONE ELSE	LEARN SOMETHING NEW	HAVE A PICNIC IN THE PARK BY YOURSELF
TAKE A NAP	SPEND TIME IN NATURE	WRITE YOUR OWN HERE	CALL A FRIEND	DO A RANDOM ACT OF KINDNESS
LIST THREE THINGS YOU ARE GRATEFUL FOR	STRETCH	WRITE A LOVE LETTER TO YOURSELF	GIVE YOURSELF A HUG	SIT IN SILENCE FOR 10 MINUTES
SPEND TIME WITH YOUR FAVORITE PEOPLE	PICK UP LITTER IN YOUR NEIGHBORHOOD	REVISIT SOMETHING YOU ENJOYED AS A CHILD	START A NEW BOOK	MAKE A VISION BOARD OF YOUR DREAMS

Send a photo to [info@randomactsofkindness.org](mailto:info@randomactsofkindness.org) or post on social media with #RAKtivist once you've completed a BINGO.

**RANDOM ACTS OF KINDNESS**  
FOUNDATION®

[www.randomactsofkindness.org/become-a-raktivist](http://www.randomactsofkindness.org/become-a-raktivist)





**PASTE YOUR PICTURE-PERFECT SELFIE BELOW**

**OR POST IT ON OUR FACEBOOK PAGE**

