



# Follow Your Health Wellness Challenge



**Starts: 02/01/25**

**Ends: 02/28/25**

**Challenge booklets will be available to pick up at the following locations starting 01/14/25:**

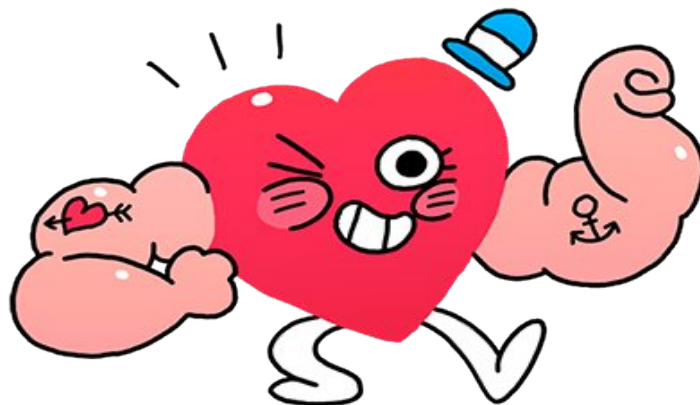
**Hancock County Health Department: 111 American Legion Pl Ste 150, Greenfield, IN 46140**

**Hancock County Public Library: 900 W McKenzie Road, Greenfield, IN 46140**

**Sugar Creek Branch Library: 5731 W Us Highway 52, New Palestine, IN 46163**

**Drop off completed booklets at the Hancock County Health Department by 03/07/25 to be entered into a raffle for a healthy prize!**

**Winners will be announced by  
03/14/25!**





# 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

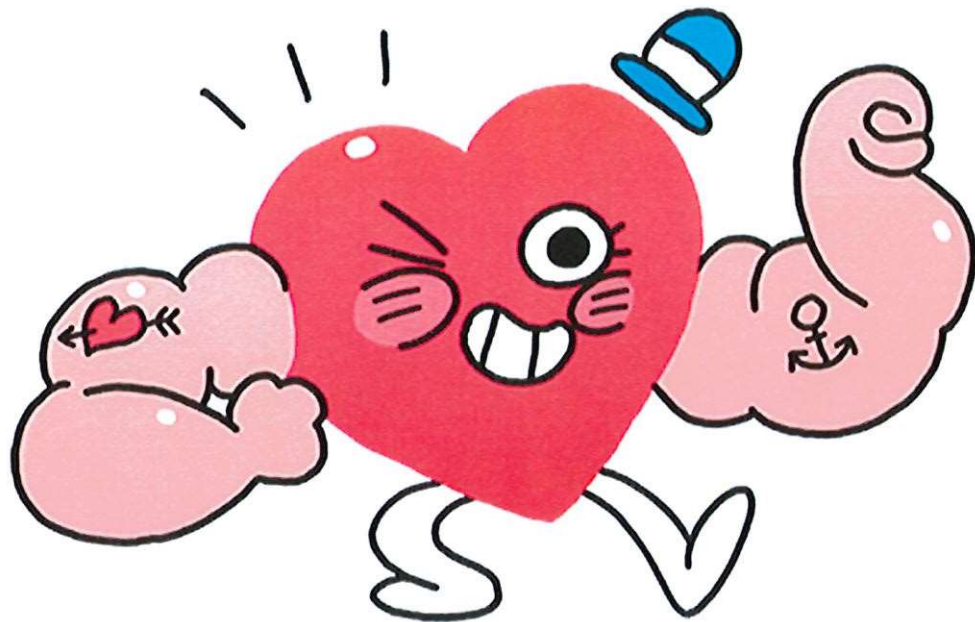


You make me feel bubbly: go 7 days without soda

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



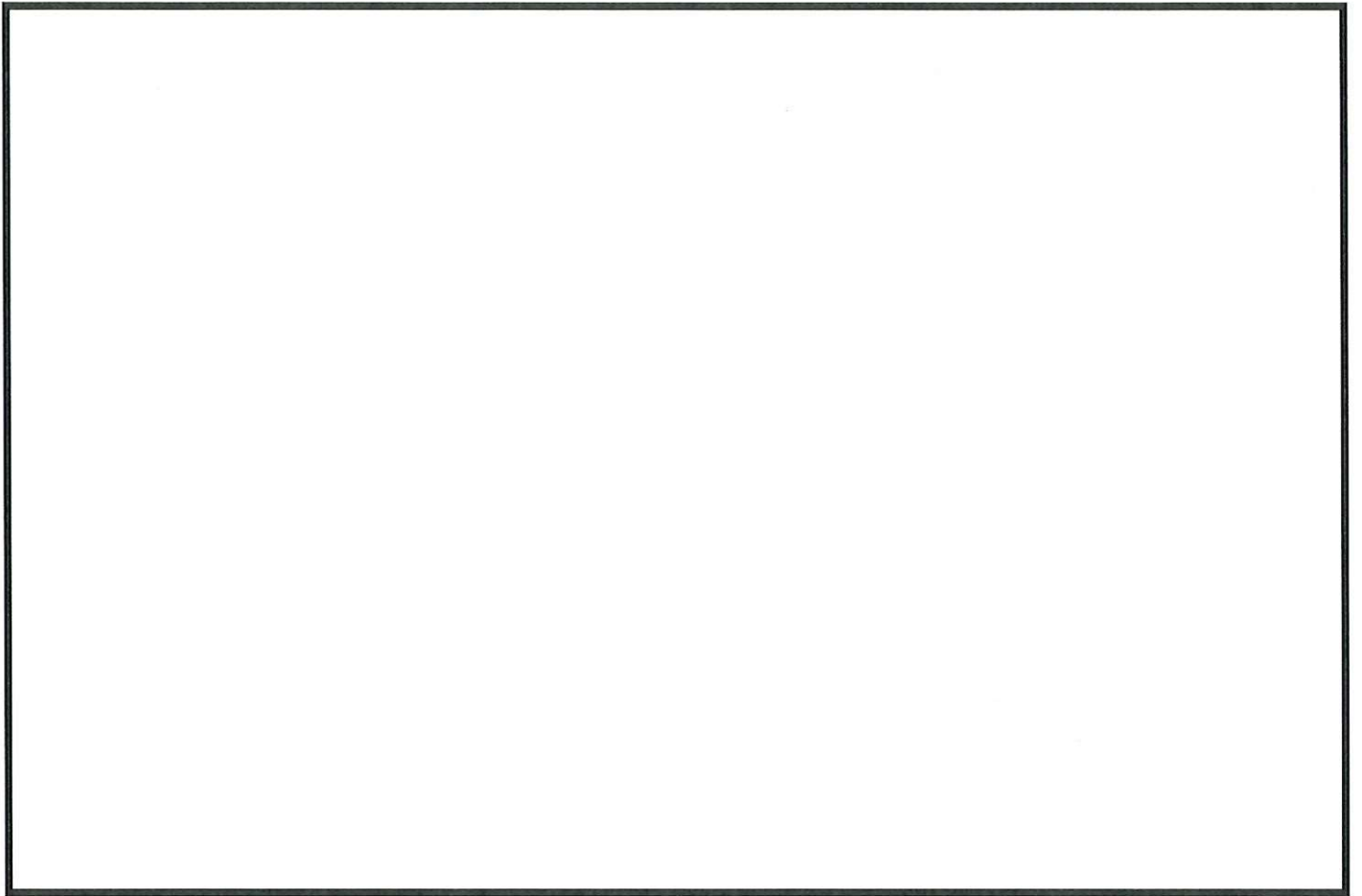
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| 4  |  |  |  |  |  |  |  |  |  |
| 5  |  |  |  |  |  |  |  |  |  |
| 6  |  |  |  |  |  |  |  |  |  |
| 7  |  |  |  |  |  |  |  |  |  |
| 8  |  |  |  |  |  |  |  |  |  |
| 9  |  |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |  |  |
| 11 |  |  |  |  |  |  |  |  |  |
| 12 |  |  |  |  |  |  |  |  |  |
| 13 |  |  |  |  |  |  |  |  |  |
| 14 |  |  |  |  |  |  |  |  |  |
| 15 |  |  |  |  |  |  |  |  |  |
| 16 |  |  |  |  |  |  |  |  |  |

|    |  |  |  |  |  |  |  |  |  |
|----|--|--|--|--|--|--|--|--|--|
| 17 |  |  |  |  |  |  |  |  |  |
| 18 |  |  |  |  |  |  |  |  |  |
| 19 |  |  |  |  |  |  |  |  |  |
| 20 |  |  |  |  |  |  |  |  |  |
| 21 |  |  |  |  |  |  |  |  |  |
| 22 |  |  |  |  |  |  |  |  |  |
| 23 |  |  |  |  |  |  |  |  |  |
| 24 |  |  |  |  |  |  |  |  |  |
| 25 |  |  |  |  |  |  |  |  |  |
| 26 |  |  |  |  |  |  |  |  |  |
| 27 |  |  |  |  |  |  |  |  |  |
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| 29 |  |  |  |  |  |  |  |  |  |
| 30 |  |  |  |  |  |  |  |  |  |
| 31 |  |  |  |  |  |  |  |  |  |



## 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!





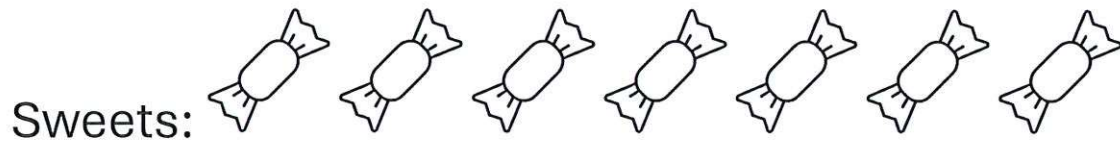
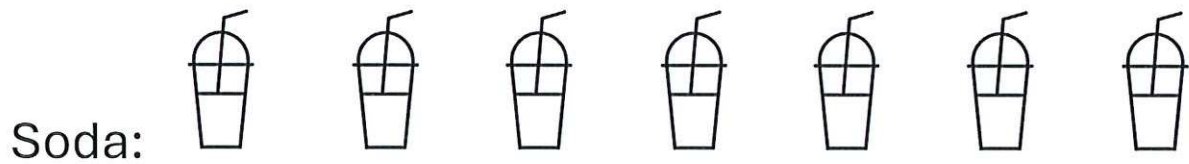
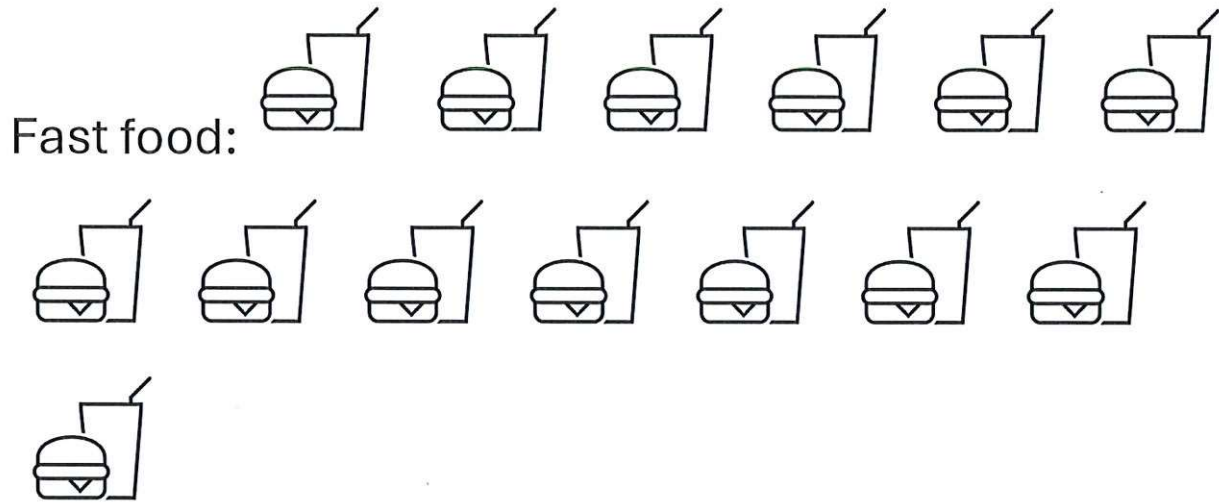


# SLEEP LOG



|    | 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 |
| 11 | 7  | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 |
| 12 | 7  | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 |
| 13 | 7  | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 |
| 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 |
| 17 | 7  | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 |
| 18 | 7  | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 |
| 19 | 7  | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 |
| 20 | 7  | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 |
| 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.

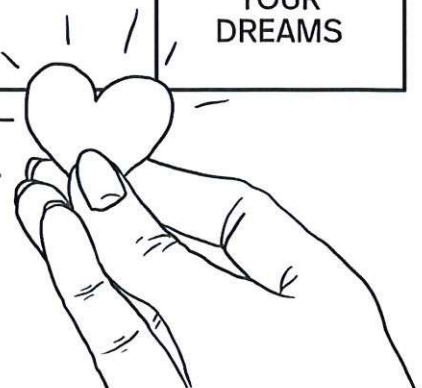
Have fun prioritizing your own self-care by completing a BINGO from the board below:

|  |                                     |  |                                      |                                       |
|--|-------------------------------------|--|--------------------------------------|---------------------------------------|
| 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**

