



Name: _____
School/Department: _____

The Habit Challenge: Make ‘em or Break ‘em

ACPS Spring Challenge
April 2019

Please return to your Wellness
Champion by **Friday, April 26**

Week 1	April 1	April 2	April 3	April 4	April 5	April 6	April 7
Week 2	April 8	April 9	April 10	April 11	April 12	April 13	April 14

Instructions: Check out the list on the back—or consult another source—to find an unhealthy habit you have that you’d like to break AND/OR a healthy habit you’d like to add to your daily repertoire (max = 1 of each). Write your selected habit(s) below, and then **keep track of your progress either “breaking” them or “making” them on the calendar above for the first two weeks in April.** Each day you’re able to avoid your unhealthy habit, give yourself a tally mark. Likewise, if you’ve had luck on a given day performing the healthy habit you selected, give yourself a tally mark. **Tally your final score in the lower right-hand corner of this page (28 points possible if you both make and break a habit each day) and return the form to your Wellness Champion.**

Undesirable Habit I’m Trying to Break _____

Desirable Habit I’m Trying to Form _____

FINAL POINT TOTAL

Name: _____
School/Department: _____

All of the habits below were located on various self-help type websites. Each is tied in some way to improving one's overall health. For this challenge, if you choose to adopt a new habit, please select one that you do not do on any kind of a regular basis already. And if you choose to try to eliminate an unhealthy challenge, please use your judgment in determining something that is reasonable. The goal is for you to try to build a pathway toward fully incorporating one of these healthy habits into your daily routine, or to eradicate unhealthy habits for good. And remember, your selections DO NOT need to come from this list. Good luck!!

Sample Healthy Habits to Adopt	Sample Unhealthy Habits to Drop
Meditating for 5 – 10 minutes	Skipping breakfast
Getting between 7 – 9 hours of sleep at night	Skipping lunch
Covering 10,000+ steps	Drinking a soda or other sugary beverage
Intentionally spending at least 10 consecutive minutes outside	Smoking cigarettes
After warming up your muscles, spending 10 minutes stretching them	More than 30 consecutive minutes in front of a glowing rectangle (phone, computer, ipad, etc.)
Putting down your mobile device for the night at 7:00 P.M.	Sitting for more than 30 consecutive minutes
Writing a “Thank You” note to someone who deserves it	Watching more than 1 consecutive hour of television
8 x 8 – drinking (8) eight-oz. glasses of water (a ½ gallon)	More than one bar/snack coming out of a package
Eating five servings of fruits & vegetables	Eating at “fast food” restaurants

----PRIZES----

- The school/CO Department with the highest combined average point total per participant as well as the school/CO Department with greatest percentage of overall participation will win a prize.**
- All participants who are able to finish with 10 or more points will be entered into a raffle for various individual prizes.**