



February

Healthy Active Challenge

2022

~Create ~Clean ~Dance ~Sing

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	January 31 st Let's Begin 2022 Challenge Why All Veggie? 3pm Via Zoom 5 points	Thank someone today! 2 points/thanks up to 6 points total Just a reminder	Guided walk with Sustainability Club 3pm 5 points Track Your Water	Ranger Talk Whiskeytown National Recreation Area 1:30pm Via Zoom 5 points	<i>Zoom College Cuisine 4</i> Communication & Collard Greens 5:30pm 5 points	5 <u>Create</u> something this weekend 5 points
	It's Dark Leafy Green Veggie Week! 1 BONUS point for every serving of dark leafy greens that you eat!					
	6 <i>Zoom College Cuisine 7</i> Make a Squash Smoothie Zoom Learning session 3pm 5 points	8 COMPLIMENT someone today; 2pts; up to 6 total pts	9 Meditation with Cathey (LPC) at 4pm via Zoom 5 points	10 Ranger Talk Lava Beds National Monument Via Zoom 2pm 5 points	11 Office Chair Yoga 11:30am Via Zoom 5 points	12 <u>Clean</u> something this weekend 5 points
	It is Squash Week! 1 BONUS point for every serving of squash that you eat!					
	13 14 Roasted Root Vegetable with Chicken + More 3pm 5 points	15 HELP/ASSIST someone today. 2pts; up to 6 total pts.	16 Jerusalem <u>Dance</u> in CU Mt. Mazama 5 points 12pm or 3pm ~20min	17 Ranger Talk Crater Lake National Park 2pm Via Zoom 5 points	18 12 pm Start Up Spin Class 12:10-12:40pm-ish Reservation Required 5 points	19 Visit a Park this weekend 5 points
It is Root Vegetable Week. 1 BONUS point per serving of root veggies!						
	20 21 Impossible Meat Tacos + info about impossible meat. 3pm 5 points	22 Make a list of 6 things for which you are GRATEFUL 1 pt/item; up to 6pts total.	23 Start up Spin Class 7am-7:30am ish 5 points	24 Discover Pilates 7am-7:30am 5 points	25 Sustainability Committee Event Bike/ <u>Walk to Work</u> . Bike and Ride (BTS) acceptable 10 points	26 <u>Create/Sing</u> your own Sea Shanty – Upload it to the scorecard. 7 points
It is Plant Protein Week. 1 BONUS point per serving of plant-based proteins!						
	27 28					

Challenge Ends 11:59pm