

February

Healthy Active Challenge

2022

~Create

~Clean

~Dance

~Sing

Team/ Individual Name

Week #1- Dark Leafy Green Veggie Week Points: Jan. 31 – Feb. 6

_____ I ate vegetables! (1 pt. per serving)

_____ I ate dark leafy greens! (1 BONUS pt. per serving)

_____ I drank water! (2 pts. per day)

_____ I exercised! (2 pts. per day)

_____ 1/31- I attended "Why All Veggie" Zoom Class. (5 pts)

_____ 2/1- I thanked someone. (2 pts. per person, 6 pts. Maximum)

_____ 2/2- I walked with the Sustainability Committee. (5 pts.)

_____ 2/3- I attended the Ranger Talk Zoom Class. (5 pts.)

_____ 2/4 - I attended the "Communication & Collard Greens" Zoom Class. (5 pts.)

_____ 2/5, 6 - I created something over the weekend. (5 pts.)

_____ **Week 1 Total**

*Counting points for weekly vegetable servings-
1 pt. for every serving PLUS an extra point for the
week's challenge vegetable.*

*Ex: If you ate 14 servings of vegetables and you
ate dark leafy greens 6 times that week, you'd
enter **14** on the first line and **6** on the second.*

Week #2- Squash Week Points: February 7 – February 13

_____ I ate vegetables! (1 pt. per serving)

_____ I ate squash! (1 BONUS pt. per serving)

_____ I drank water! (2 pts. per day)

_____ I exercised! (2 pts. per day)

_____ 2/7- I attended "Make a Squash Smoothie" Zoom Class. (5 pts.)

_____ 2/8- I complimented someone. (2 pts. per person, 6 pts. maximum)

_____ 2/9- I attended the Meditation with Cathey Zoom Class. (5 pts.)

_____ 2/10- I attended the Ranger Talk Zoom Class. (5 pts.)

_____ 2/11- I attended "Office Chair Yoga" Zoom Class. (5 pts.)

_____ 2/12, 13 - I cleaned something over the weekend. (5 pts.)

_____ **Week 2 Total**

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Week #3- Root Vegetable Week Points: February 14 – February 20

- _____ I ate vegetables! (1 pt. per serving)
- _____ I ate root vegetables! (1 BONUS pt. per serving)
- _____ I drank water! (2 pts. per day)
- _____ I exercised! (2 pts. per day)
- _____ 2/14- I attended "Roasted Root Vegetable w/ Chicken" Class. (5 pts.)
- _____ 2/15- I helped someone. (2 pts. per person, 6 pts. maximum)
- _____ 2/16- I attended the "Jerusalem Dance" Class. (5 pts.)
- _____ 2/17- I attended the Ranger Talk Zoom Class. (5 pts.)
- _____ 2/18 - I attended the "Start Up Spin" Class. (5 pts.)
- _____ 2/19, 20 - I went to a park over the weekend. (5 pts.)

Week 3 Total

Week #4- Plant Protein Week: February 21 – February 27

- _____ I ate vegetables! (1 pt. per serving)
- _____ I ate plant protein! (1 BONUS pt. per serving)
- _____ I drank water! (2 pts. per day)
- _____ I exercised! (2 pts. per day)
- _____ 2/21- I attended "Impossible Meat Tacos" Class. (5 pts.)
- _____ 2/22- I made a list of the things I'm grateful for. (1 pt. per item on the list, 6 pts. max.)
- _____ 2/23 - I attended the "Start Up Spin" Class. (5 pts.)
- _____ 2/24 - I attended the "Discover Pilates" Class. (5 pts.)
- _____ 2/25 - I walked or rode a bike to school! (10 pts.)

Week 4 Total

_____ Email your Sea Shanty Video to Jennifer.bavarskas@oit.edu (7pts.)!

Healthy Active Challenge Total