



A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or challenges designed to promote health and prevent disease.

Challenge Guidelines December 2016:

- Take a standing break at least once an hour during your workday.
- Obtain at least 30 minutes of activity daily.

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Why does my health and well-being matter to me? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.
