EHA WELLNESS
An Educators Health Alliance Program

Boston Marathon

Fitness Challenge 2017: March 27 - May 7

health matters
EDUCATE ENGAGE EMPOWER — CREATING A CULTURE OF WELLNESS

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 March 27-May 7:

- Exercise at least 30 minutes, five days per week
- Eat at least two servings of fruit and three servings of vegetables, five days per week
- Sleep at least seven to nine hours, five nights per week
- Drink 5 cups of water (40 oz.), five days per week

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.

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