

**Healthy Habits Challenge, Nov. 7 – Dec. 19, 2012**

Remember to record all of your daily points at [www.kansashealthquest.com](http://www.kansashealthquest.com) by December 26, 2012

Complete the challenge and earn 5 credits

Earn daily points for completing the following:

- Weighing yourself
- Eating a healthy breakfast
- Exercising 30 minutes or more
- Limiting sweets to 1 serving or less
- Limiting alcoholic beverages to 1 or less



|                              |               |               |                |               |                 |               |               |              |
|------------------------------|---------------|---------------|----------------|---------------|-----------------|---------------|---------------|--------------|
| Activity                     |               |               |                | Wed<br>7-Nov  | Thurs<br>8-Nov  | Fri<br>9-Nov  | Sat<br>10-Nov | Weekly Total |
| Weighed yourself             |               |               |                |               |                 |               |               |              |
| Ate healthy breakfast        |               |               |                |               |                 |               |               |              |
| Exercise 30+ minutes         |               |               |                |               |                 |               |               |              |
| 1 serving or less of sweets  |               |               |                |               |                 |               |               |              |
| 1 serving or less of alcohol |               |               |                |               |                 |               |               |              |
| Total Points                 |               |               |                |               |                 |               |               |              |
| Activity                     | Sun<br>11-Nov | Mon<br>12-Nov | Tues<br>13-Nov | Wed<br>14-Nov | Thurs<br>15-Nov | Fri<br>16-Nov | Sat<br>17-Nov | Weekly Total |
| Weighed yourself             |               |               |                |               |                 |               |               |              |
| Ate healthy breakfast        |               |               |                |               |                 |               |               |              |
| Exercise 30+ minutes         |               |               |                |               |                 |               |               |              |
| 1 serving or less of sweets  |               |               |                |               |                 |               |               |              |
| 1 serving or less of alcohol |               |               |                |               |                 |               |               |              |
| Total Points                 |               |               |                |               |                 |               |               |              |
| Activity                     | Sun<br>18-Nov | Mon<br>19-Nov | Tues<br>20-Nov | Wed<br>21-Nov | Thurs<br>22-Nov | Fri<br>23-Nov | Sat<br>24-Nov | Weekly Total |
| Weighed yourself             |               |               |                |               |                 |               |               |              |
| Ate healthy breakfast        |               |               |                |               |                 |               |               |              |
| Exercise 30+ minutes         |               |               |                |               |                 |               |               |              |
| 1 serving or less of sweets  |               |               |                |               |                 |               |               |              |
| 1 serving or less of alcohol |               |               |                |               |                 |               |               |              |
| Total Points                 |               |               |                |               |                 |               |               |              |
| Activity                     | Sun<br>25-Nov | Mon<br>26-Nov | Tues<br>27-Nov | Wed<br>28-Nov | Thurs<br>29-Nov | Fri<br>30-Nov | Sat<br>1-Dec  | Weekly Total |
| Weighed yourself             |               |               |                |               |                 |               |               |              |
| Ate healthy breakfast        |               |               |                |               |                 |               |               |              |
| Exercise 30+ minutes         |               |               |                |               |                 |               |               |              |
| 1 serving or less of sweets  |               |               |                |               |                 |               |               |              |
| 1 serving or less of alcohol |               |               |                |               |                 |               |               |              |
| Total Points                 |               |               |                |               |                 |               |               |              |
| Activity                     | Sun<br>2-Dec  | Mon<br>3-Dec  | Tues<br>4-Dec  | Wed<br>5-Dec  | Thurs<br>6-Dec  | Fri<br>7-Dec  | Sat<br>8-Dec  | Weekly Total |
| Weighed yourself             |               |               |                |               |                 |               |               |              |
| Ate healthy breakfast        |               |               |                |               |                 |               |               |              |
| Exercise 30+ minutes         |               |               |                |               |                 |               |               |              |
| 1 serving or less of sweets  |               |               |                |               |                 |               |               |              |
| 1 serving or less of alcohol |               |               |                |               |                 |               |               |              |
| Total Points                 |               |               |                |               |                 |               |               |              |
| Activity                     | Sun<br>9-Dec  | Mon<br>10-Dec | Tues<br>11-Dec | Wed<br>12-Dec | Thurs<br>13-Dec | Fri<br>14-Dec | Sat<br>15-Dec | Weekly Total |
| Weighed yourself             |               |               |                |               |                 |               |               |              |
| Ate healthy breakfast        |               |               |                |               |                 |               |               |              |
| Exercise 30+ minutes         |               |               |                |               |                 |               |               |              |
| 1 serving or less of sweets  |               |               |                |               |                 |               |               |              |
| 1 serving or less of alcohol |               |               |                |               |                 |               |               |              |
| Total Points                 |               |               |                |               |                 |               |               |              |
| Activity                     | Sun<br>16-Dec | Mon<br>17-Dec | Tues<br>18-Dec | Wed<br>19-Dec |                 |               |               | Weekly Total |
| Weighed yourself             |               |               |                |               |                 |               |               |              |
| Ate healthy breakfast        |               |               |                |               |                 |               |               |              |
| Exercise 30+ minutes         |               |               |                |               |                 |               |               |              |
| 1 serving or less of sweets  |               |               |                |               |                 |               |               |              |
| 1 serving or less of alcohol |               |               |                |               |                 |               |               |              |
| Total Points                 |               |               |                |               |                 |               |               |              |
| <b>Challenge Total</b>       |               |               |                |               |                 |               |               |              |