

ACM JIF

Healthy Habit Challenge

HEALTHY HABIT #1

Turn off phone 1 hour before bed.

HEALTHY HABIT #2

Drink 50oz of water a day.

HEALTHY HABIT #3

Complete 2 different stretches each morning when you wake up.

HEALTHY HABIT #4

Include one serving of fruit or vegetable with every meal.

How to participate:

Choose two out of the four healthy habits to focus on for a duration of two weeks. Use the printable habit tracker to keep track of the days that you complete your healthy habits.