



Challenge: Spread Some Love



• personal wellness program from SNA •

In honor of Valentine's Day, spread good feelings all around you. Do something nice, call an old friend, write a card for a co-worker, or cook dinner for your spouse. When you do nice things for others, you feel better about yourself!

Instructions: Give yourself ten (10) points for every act of kindness or friendly gesture you do in February. Tally your points in the calendar, and add up your points in the bottom box.

Name _____ Member Number _____ State _____

Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

Earned 50 points? Enter your points online at www.schoolnutrition.org/steps before March 5th to be entered in the prize drawing.

Total Points for the Month:

Sponsored by:



Note: The STEPS Challenge is not intended to replace medical advice. Before beginning this or any other nutritional or exercise regimen, consult your physician to be sure it is appropriate for you.