



# Challenge: Small Changes for Success

## steps challenge

• personal wellness program from SNA •

This month, break down a health/wellness goal into small manageable steps. Maybe it is drinking an extra glass of water each day or bringing lunch instead of going out. It's up to you. My goal this month is:

**Instructions:** Earn two (2) points for each day you follow through on your goal. Tally your points in the calendar below.

Name \_\_\_\_\_ Member Number \_\_\_\_\_ State \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Earned 50 points? Submit your points online at [www.schoolnutrition.org/steps](http://www.schoolnutrition.org/steps) by February 4 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.