


January Activity Challenge

Directions: Check off the box for everyday that you complete at least 30 minutes total of activity. This **does not** have to be consecutive minutes! It is recommended to complete at least 150 minutes of exercise every week.

If you complete at least 20 days of activity this month, email a picture of your calendar to wsanjari@tomahhealth.org by February 2, 2024 to be entered to win prizes! Prizes will be drawn on Monday, February 4, 2024.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>
14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>
21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>
28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>	<div> Name: _____ Email: _____ </div> <div>  <div> Monroe County Nutrition Coalition </div> <small>"A HEALTHIER MONROE COUNTY. ONE BITE AT A TIME"</small> </div>		