

## Healthy Holidays Challenge Tracker

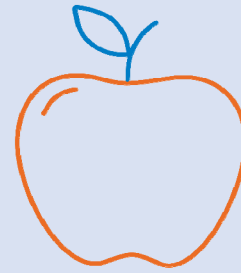
Practicing healthy habits will help you feel better, improve your mental health, and decrease your risk for illnesses. Check off each day you practice these healthy habits.

- ☐ Eat healthy foods
- ☐ Exercise at least 30 minutes
- ☐ Sleep 7-9 hours each night
- ☐ Manage stress
- ☐ Connect with a friend or family member
- ☐ Stick to a budget

At the end of the challenge, submit your tracker to:

**Your Name:**

**Email address:**

**Phone Number:**[illegible][illegible][illegible][illegible]