



• personal wellness program from SNA •

Challenge: Focus on small changes for success!

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.

Instructions: Earn two (2) points for each day you follow through on your goal.

Name _____ Member Number _____ State _____

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | 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 25 Points? Submit your points online at:
www.mitmnutrition.wixsite.com/mistepschallenge/submit-points-1
 by **February 4** to be entered in the drawing.

Total Points for the Month:

Sponsored



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