

CARROLLTON PUBLIC LIBRARY PRESENTS

HEALTHY HABITS CHALLENGE

TEEN & ADULT

Complete at least 12 of the 20 activities to be entered into a prize drawing.

- | | |
|---|--|
| <input type="radio"/> Work out for at least 15 min. a day for a week. | <input type="radio"/> Do a wall sit for 90 seconds. |
| <input type="radio"/> Turn on your favorite song and dance your heart out. | <input type="radio"/> Find a healthier version of one of your favorite foods. |
| <input type="radio"/> Go to sleep around the same time every night for 5 days. | <input type="radio"/> Turn off your phone at least 1 hour before bed. |
| <input type="radio"/> Say no to soda and sugar drinks for one week. | <input type="radio"/> Meditate for 10 minutes a day for a week. |
| <input type="radio"/> Try interval training. | <input type="radio"/> Drink at least 8 glasses of water a day. |
| <input type="radio"/> Do stretches or a low intensity workout while reading or watching an episode of a show. | <input type="radio"/> Take the stairs instead of the elevator for a week. |
| <input type="radio"/> Do a plank for as long as you can. | <input type="radio"/> Do jumping jacks every time a commercial comes on TV for one day. |
| <input type="radio"/> Stretch out those muscles for at least 10 minutes. | <input type="radio"/> Go for a hike and enjoy nature at a brisk walking pace. |
| <input type="radio"/> Do as many situps as you can in 1 minute. | <input type="radio"/> Try out an activity you haven't done in a while, like hula hooping, jump rope, or playing frisbee. |
| <input type="radio"/> Read a biography about an athlete. | <input type="radio"/> Those muscles need a break – take a nap! |

Cut on dotted line and return this portion to the Carrollton Public Library to be entered in the drawing for a prize.

ENTRY FORM - TEEN & ADULT

Name: _____

Email: _____

Phone #: _____



CARROLLTON
TEXAS