

OCTOBER – HEALTHY LIVING CHALLENGE

Name: _____ Email: _____

Learn Something New • Adopt a Healthy Habit • Honor System • Have Fun

❖ HOW IT WORKS:

- ❖ Join the LiveDAYBREAK Healthy Living Challenge Facebook Group
- ❖ Complete as many tasks on the back of the card.
- ❖ Aim to create various BINGOs and win prizes:
 - ❖ Normal bingo (across, down, diagonal) – Dri-Fit LiveDAYBREAK Long Sleeve
 - ❖ X, Box Around Edges – Enter into a raffle for 1 of 2, \$25 Top Golf Gift Cards
 - ❖ Black Out – Enter into a raffle for a Fitbit Alta
- ❖ Return card to the DCC to claim your prize and be entered into the appropriate raffle!
Card must be returned to the DCC by NOON on NOVEMBER 3rd.


- ❖ Use the Facebook Group to share motivational messages to others, tips, ideas, successes, and areas of growth! Positivity only!

❖ Upcoming LiveDAYBREAK Events:

- ❖ 10/7 – Raise the Woof
- ❖ 10/21 – Ginormous Pumpkin Regatta
- ❖ 10/23 – Skeleton Hunt Begins
- ❖ 10/28 – Trick or Treat Street



HEALTHY LIVING CHALLENGE - OCTOBER

B	I	N	G	O
<p>Buy a “new” vegetable at the grocery store. Make something delicious. What did you buy and what did you make?</p>	<p>Complete a DIY project. It’s a great opportunity to create a Halloween decoration for the house!</p>	<p>Spend two days drinking ONLY water.</p> <div style="display: flex; justify-content: space-around; width: 100%;"> <input style="width: 40px; height: 40px; border: 1px solid black;" type="checkbox"/> <input style="width: 40px; height: 40px; border: 1px solid black;" type="checkbox"/> </div>	<p>Complete five ten-minute meditations. Lots of guides online!</p> <div style="display: flex; justify-content: space-around; width: 100%;"> <input style="width: 30px; height: 30px; border: 1px solid black;" type="checkbox"/> <input style="width: 30px; height: 30px; border: 1px solid black;" type="checkbox"/> <input style="width: 30px; height: 30px; border: 1px solid black;" type="checkbox"/> <input style="width: 30px; height: 30px; border: 1px solid black;" type="checkbox"/> <input style="width: 30px; height: 30px; border: 1px solid black;" type="checkbox"/> </div>	<p>Attend a LiveDAYBREAK event! 10/7 – Raise the Woof 10/21 – Ginormous Pumpkin Regatta 10/28 – Trick or Treat Street 10/23-10/30 – Skeleton Hunt</p>
<p>Have a ten minute conversation with a new neighbor or somebody else in the community you don’t already know.</p>	<p>Have a board game or card evening with your family or some friends.</p>	<p>Go screen-less (TV, computer, cell phone, etc.) after work/school for three evenings.</p> <div style="display: flex; justify-content: space-around; width: 100%;"> <input style="width: 40px; height: 40px; border: 1px solid black;" type="checkbox"/> <input style="width: 40px; height: 40px; border: 1px solid black;" type="checkbox"/> <input style="width: 40px; height: 40px; border: 1px solid black;" type="checkbox"/> </div>	<p>Share your gratitude list with another individual. Ask them for theirs.</p>	<p>Go on a hike. Where did you go? _____</p>
<p>For an entire week, leave a note in a child’s lunch, partner’s lunch/workbag or in your own.</p>	<p>Perform a random act of kindness. Be intentional. What did you do? _____</p>		<p>Send a “Just Because” handwritten letter or note in the mail to someone important to you.</p>	<p>Have a random dance party with your friends, family, or yourself!</p>
<p>Learn something new. Listen to a podcast of interest. What did you listen to? What did you learn?</p>	<p>Walk around the lake once, on three different days.</p> <div style="display: flex; justify-content: space-around; width: 100%;"> <input style="width: 40px; height: 40px; border: 1px solid black;" type="checkbox"/> <input style="width: 40px; height: 40px; border: 1px solid black;" type="checkbox"/> <input style="width: 40px; height: 40px; border: 1px solid black;" type="checkbox"/> </div>	<p>Get rid of five things you never use. What were they? _____</p>	<p>Find and try a new recipe. What was it? _____</p>	<p>Make your bed in the morning for an entire week (in a row).</p> <div style="display: flex; justify-content: space-around; width: 100%;"> <div style="display: flex; justify-content: space-between; width: 100%;"> <input style="width: 30px; height: 30px; border: 1px solid black;" type="checkbox"/> <input style="width: 30px; height: 30px; border: 1px solid black;" type="checkbox"/> <input style="width: 30px; height: 30px; border: 1px solid black;" type="checkbox"/> <input style="width: 30px; height: 30px; border: 1px solid black;" type="checkbox"/> </div> <div style="display: flex; justify-content: space-between; width: 100%;"> <input style="width: 30px; height: 30px; border: 1px solid black;" type="checkbox"/> <input style="width: 30px; height: 30px; border: 1px solid black;" type="checkbox"/> <input style="width: 30px; height: 30px; border: 1px solid black;" type="checkbox"/> </div> </div>
<p>Read an entire book. What did you read? _____</p>	<p>Call someone you have meaning to catch up with, but have been putting it off.</p>	<p>Find a volunteer opportunity and participate. What did you do? _____</p>	<p>Go to a fitness class at the Daybreak Community Center.</p>	<p>Make your own challenge or goal. Write it down!</p>