



# HUMBOLDT COUNTY WELLNESS PROGRAM

## HUMBOLDT HEALTH SENSE – COMMIT TO BE HEALTHY



### MONTH OF MOVEMENT CHALLENGES – SEPTEMBER AND APRIL

This challenge for September and April is to log 20 hours of movement each month. Movement includes but is not limited to walking, running, hiking, cycling, swimming, and gardening. If you are not sure your activity qualifies, contact a member of the Wellness Committee. Earn 10 points for each challenge.

Use the log below to keep track of your activities and times.

Name: \_\_\_\_\_

ACTIVITY	DATE	TIME

CONTINUED ON BACK.