

BOOST YOUR IMMUNE SYSTEM CHALLENGE

January 2—January 29 | 4 Weeks = 1 Point

Here is what you can start doing today to boost your immune system.

Mark off each day you do two of the following:

- ◇ Eat a variety of fruits and vegetables, and a lot of them!
- ◇ Exercise regularly
- ◇ Maintain a healthy weight
- ◇ Get Adequate Sleep
- ◇ Wash Hands and cook meals thoroughly
- ◇ Minimize stress
- ◇ Stay hydrated

At the end of the challenge, submit form: Drop off at HR Office / fax to 435-734-2038 or email to MHernandez@boxeldercounty.org

Jan 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7	Jan 8
Jan 9	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14	Jan 15
Jan 16	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21	Jan 22
Jan 23	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28	Jan 29



I've completed the challenge!

(Print Name)