

NEW HABIT CHALLENGE

March 30th—April 27th | 4 Weeks = 1 Point

The goal of this challenge is to choose a new habit (or toss an old one) and do something every day towards that habit. The habit can be anything that's important to you! Mark off each day you hit the goal. At the end of the challenge, submit form (Drop off at HR Office / fax to 435-734-2038 or email to MHernadnez@boxeldercounty.org).

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28

I've completed the challenge!

(Print Name)