mesachamber
OF COMMERCE

#ChamberHealthChallenge

MY GOAL THIS WEEK IS:

Let's Get Healthy!	M	T	W	T	F	S	S
Workouts *(at least 15 minutes)*							
Water *(1 bottle, 16 oz)*							
Flights of Stairs							
Walks *(over 1 mile)*							
Sleep *(over 8 hours)*							
20-Minute Naps							
Yoga *(at least 15 minutes)*							

Challenge. Track. Share.

"Challenge yourself, track your progress, share your success!