

# #ChamberHealthChallenge

MY GOAL THIS WEEK IS: \_\_\_\_\_

Let's Get Healthy!

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 **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)

	M	T	W	T	F	S	S
Workouts							
Water							
Flights of Stairs							
Walks							
Sleep							
20-Minute Naps							
Yoga							

Challenge. Track. Share.