



# THE BIG 5 CHALLENGE *Round 2*

☐ I slept 7-9 hours. Hours Slept: \_\_\_\_\_ DATE: \_\_\_\_\_

☐ I exercised for 30-45 minutes.

☐ I made half of each meal fruits & veggies.

☐ I drank at least 64 oz of water. Water oz: \_\_\_\_\_

☐ Two things I am *grateful* for today are: \_\_\_\_\_

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THE BIG 5 CHALLENGE *Round 2* is a company-wide health initiative to address overall health: fitness, nutrition, and mental well-being.