

Name: \_\_\_\_\_

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or fax to 740-702-3209

## Live Healthy Live Well

# Think Green...It's Not Just a Color!

## Challenge Checklist

I challenged myself to adapt or learn a new skill needed to obtain the life I desire.

Date: \_\_\_\_\_

I cleaned my home or organized a room in my house to create a cozy, relaxing haven for me and my family.

Date: \_\_\_\_\_

I cancelled a subscription I don't need or use in order to increase the green in my wallet.

Date: \_\_\_\_\_

I went outdoors to discover nature and enjoy the many mental and physical health benefits of green spaces.

Date: \_\_\_\_\_

I expanded my diet to include more greens in my meal today.

Date: \_\_\_\_\_

I took care of my health today by: \_\_\_\_\_.

Date: \_\_\_\_\_

