Fall 2020

HEALTH YOURSELF ACTIVITIES

October

- ☐ Blood Draws
- ☐ Flu shots • 5 pts
- ☐ My Plate Webinars • 5 pts each
- ☐ Chat with a Pharmacist • 5 pts
- ☐ Walk for Turkeys • 15 pts

November

- ☐ Maintain Don't Gain Challenge • 15-20 pts
- ☐ Creative Uses for Winter Veggies Zoom • 5 pts
- ☐ Preventing Burnout Training • 10 pts

December

- ☐ Maintain Don't Gain Challenge • 15-20 pts
- ☐ Ways to Use Frozen Fish & Game Zoom • 5 pts

LOOKING AHEAD TO WINTER

- Resilience, Taste Bud Reset, & Finance Challenges
- Winter Walking 'Getaway'