Healthy Office Habits

Healthy habits help prevent certain health conditions, such as **heart disease**, **stroke**, and high **blood pressure**. If you take care of yourself, you can keep your cholesterol and **blood pressure** within a safe range. This keeps your blood flowing smoothly, decreasing your risk of cardiovascular diseases .

This challenge invites you to
1. **Eat breakfast at home**
2. **Park Far away from entrance**
3. **Pack healthy lunch**
4. **Limit coffee additions**
5. **Bring healthy snacks**
6. **Walk during break**
7. **Drink lots of water**

For each day that you accomplish all these tasks mark "YES" in the circle.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

I've completed the challenge!

_____

(Print Name)