

Hello Sunshine

The Hello Sunshine Challenge invites you to get out in the sun for 100 minutes (10 minutes at a time) during the next month. Sunshine is by far the best source of vitamin D, which strengthens your immune system and is necessary to build strong bones. Track how many minutes you get out in the sun each day. To complete the challenge, track 100 minutes or more.

END OF THE CHALLENGE

Drop off form at HR Office / fax to 435-734-2038 or email to mhernandez@boxeldercounty.org

Feb1	Feb2	Feb3	Feb4	Feb5	Feb6	Feb7
Feb8	Feb9	Feb10	Feb11	Feb12	Feb13	Feb14
Feb15	Feb16	Feb17	Feb18	Feb19	Feb20	Feb21
Feb22	Feb23	Feb24	Feb25	Feb26	Feb27	Feb28



I've completed the challenge!

(Print Name)