

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

Please return to [lowe.495@osu.edu](mailto:lowe.495@osu.edu)

or fax to 740-474-7967

**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: \_\_\_\_\_

