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Healthy Habits Challenge

Aim to do these 4 things each day

Feeling lucky? Enter our 4 Healthy Habits Challenge! The rules are simple. For the month of March, try to achieve all 4 healthy habits listed in the four leaf clover above. For each day that you complete ALL four habits, you will earn a "lucky clover" for that day. Keep track of your clovers in the calendar below. At the end of the month, email hjenkins@rappahannockschoools.us and report the total number of lucky clover earned during the month. For each lucky clover you earn, you will receive an entry into our prize drawing. Ex. 10 lucky clovers = 10 entries. Entries are due by April 6th. As a reminder, you must complete all items that day to earn the clover. Good luck!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 	31 	 commit to be fit		

Name: _____

Total Lucky Clovers (Entries): _____