

Summer of Wellness



LOG OFF and LIVE ON



JUNE CHALLENGE

Do you know how much time you spent on your phone today? Try to limit your time to one hour a week. Log off from your digital life and spend more time being present. Keep track of the time you spent on your phone each day.

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2	3	4	8	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						

WEEK 1: _____

 CHALLENGE COMPLETE: YES

WEEK 2: _____

 CHALLENGE COMPLETE: YES

WEEK 3: _____

 CHALLENGE COMPLETE: YES

WEEK 4: _____

 CHALLENGE COMPLETE: YES

Submit for prizes by emailing a photo or scan to knews@ketteringhealth.org
 Find more info at knewsmobile.com

YOUR NAME: _____