

# Summer of Wellness



## MORE TIME for MORE FUN



### JUNE CHALLENGE

Take the extra time that you would have spent on social media to enjoy the day. What have you been able to accomplish? Write down the activities that you were able to participate in because of logging out of social media.

1

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](mailto:knews@ketteringhealth.org)  
 Find more info at [knewsmobile.com](http://knewsmobile.com)

YOUR NAME: \_\_\_\_\_