

Summer of Wellness

I'M FEELING SNACKY



AUGUST CHALLENGE

We have all had the mid-day munchies at some point, so why not pick a healthy option? Enjoy a healthy snack, like cut-up fruit or hummus and chips. Write down what you chose to snack on during the day.

1	2	3
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Week 1:

4	5	6	7	8	9	10
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Week 2:

11	12	13	14	15	16	17
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Week 3:

18	19	20	21	22	23	24
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Week 4:

25	26	27	28	29	30	31
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CHALLENGE COMPLETE: YES

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

YOUR NAME: _____