



2016 HEALTH AND FINANCE CHALLENGE

52 WEEK HEALTH CHALLENGE

WEEK # _____

Use this paper form to help you keep track of your healthy activities every week.

MOVE: EXERCISE CAN MAKE YOU FEEL BETTER AND HAVE MORE ENERGY

- 1) Incorporated either two 15-minute sessions or one 30-minute session of continuous physical activity into my day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FUEL: HEALTHIER EATING IS KEY TO OVERALL GOOD HEALTH

- 1) Drank 64 ounces of water
- 2) Chose whole grains instead of refined grains
- 3) Ate at least 3 servings of fruits and vegetables
- 4) Avoided oversized portions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BALANCE: WHEN LIFE IS BUSY, IT'S ALL TOO EASY TO FIND YOURSELF OFF BALANCE

- 1) Took 15 minutes or more to do something that was calming or fun
- 2) Slept 7 hours or more
- 3) Worked to reduce an unhealthy habit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Straight Road is a 501(c)(3) non profit organization focused on health and financial literacy.

Website: <http://straightroadint.org/>

Source: The Home Depot Health Challenge.

Note: It is always important to consult your doctor before starting an exercise program.



52 WEEK FINANCE CHALLENGE

Keep this chart in a place you look at every day so that you can track your savings progress using its simple program. Deposit the recommended amount each week and mark it in the “Deposit Complete” column.

Week	Deposit Amount	Deposit Complete	Account Balance	Week	Deposit Amount	Deposit Complete	Account Balance
1	\$1		\$1	27	\$27		\$378
2	\$2		\$3	28	\$28		\$406
3	\$3		\$6	29	\$29		\$435
4	\$4		\$10	30	\$30		\$465
5	\$5		\$15	31	\$31		\$496
6	\$6		\$21	32	\$32		\$528
7	\$7		\$28	33	\$33		\$561
8	\$8		\$36	34	\$34		\$595
9	\$9		\$45	35	\$35		\$630
10	\$10		\$55	36	\$36		\$666
11	\$11		\$66	37	\$37		\$703
12	\$12		\$78	38	\$38		\$741
13	\$13		\$91	39	\$39		\$780
14	\$14		\$105	40	\$40		\$820
15	\$15		\$120	41	\$41		\$861
16	\$16		\$136	42	\$42		\$903
17	\$17		\$153	43	\$43		\$946
18	\$18		\$171	44	\$44		\$990
19	\$19		\$190	45	\$45		\$1,035
20	\$20		\$210	46	\$46		\$1,081
21	\$21		\$231	47	\$47		\$1,128
22	\$22		\$253	48	\$48		\$1,176
23	\$23		\$276	49	\$49		\$1,225
24	\$24		\$300	50	\$50		\$1,275
25	\$25		\$325	51	\$51		\$1,326
26	\$26		\$351	52	\$52		\$1,378

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The 52 week Money Challenge was developed by Kassondra Perry-Moreland.