

F E B R U A R Y 2 0 2 1










HEALTHY LIFE CHALLENGE

During the month of February, Harvard CUSD 50 challenges you to incorporate healthy habits into your daily life!

Click on the links below to find activities that you can participate in throughout the month to learn about ways to develop a healthy lifestyle.

Complete all seven activities by 2/28/21 and submit evidence of completion with pictures through this [form](#) to win a prize!

	Exercise Dice
	Meaningful Mealtime
	Work Heart-er
	Snack Attack
	Mindfulness
	Let's Get Moving
	Stay Positive Journal

Please contact Courtney Fejedelem with any questions:

cfejedelem@cusd50.org

or

815-943-4022 (ext. 2144)

