Fitness Challenge

MOUNT EVEREST: APRIL 5 - MAY 16

health matters

EDUCATE ENGAGE EMPOWER

CREATING A CULTURE OF WELLNESS

Cessna
A Textron Company

A great way to improve and maintain important health behaviors is to record your experiences as you engage in various activities or programs designed to promote health and prevent disease.

Mount Everest Fitness Challenge - April 5-May 16
Program Guidelines

- Exercise at least 30 minutes, five days per week
- Eat at least two servings of fruit and three servings of vegetables, five days per week
- Sleep at least seven to nine hours, five nights per week

How did I do? What was most difficult? What small improvements have I made in my health behaviors? Why does my health and well-being matter to me? Write whatever helps you to help yourself improve, change, and grow. This is for your personal record and benefit only. Do not submit.

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