

Motivation Focus Strength Passion
Grit Persistence **SuperPowers**

Name: _____



LiveHealthyLiveWell
SuperYou

Email: _____

Record Your Activities:

- Aim for filling 1/2 of your plate with Vegetables & Fruits at 2 meals each day
- Aim for 30 Minutes of Physical Activity at least 5 times a week (List type and minutes)
- Participate in the 6 Bonus Activities (listed at the bottom of this log) to Strengthen Your Super Powers



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Example</i></p>  <p><i>Walk - 30</i></p>	<p>April 9</p>	<p>10</p>	<p>11</p>	<p>12 Grilled Cheese Day – Use 100% whole wheat & add veggies</p>	<p>13</p>	<p>14</p>
<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19 Garlic Day </p>	<p>20</p>	<p>21</p>
<p>22 Celebrate Earth Day – Recycle or plant a tree</p>	<p>23</p>	<p>24 Celebrate Garden month – plant a herb</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	May 1	2 NATIONAL GET FIT DON'T SIT DAY. GET UP & MOVE!	3	4	5
6 Take a Hike	7	8	9	10	11	12
13 Happy Mother's Day	14	15	16 Salsa Month – make fresh Salsa	17	18	19
20	Reflect - Take our post-challenge survey and share your thoughts.					
Bonus Activities	Sign up for LHLW365 Text Messages	Unplug from phone and social media	Find/Visit a Farmer's Market	Try a Mindfulness Activity	Practice a Time Savings Activity	Try a Super Food

EMAIL or FAX results to: Michelle Treber treber.1@osu.edu or 740-474-7967 (fax) by May 30



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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