

SPRING INTO HEALTH

Health Passport Challenge

Are you up for the challenge?
Complete all the activities on the
next page during September.



Name: _____

Library Branch: _____

Health Passport Challenge Instructions

1. Tick off each activity you do during September.
2. Record the extra information.
3. Send your completed checklist to your Library Key Coordinator at the end of September.



- Take 5 minutes out of your day to do one of these [5 exercise ideas](#) - See if you can do all 5 over 5 days!

Did you do all 5?

- Wall push up
- Ball circles
- Chair squat
- Water bottle press
- Sit back



- Learn a new healthy recipe. [See healthy recipe ideas.](#)

- Done! What recipe did you cook? _____



- Beat the snack attack. Bring fruit with you when you go out so you have a snack ready to go when hunger strikes.

- Done! What fruit did you take? _____



- Carry a water bottle with you to drink more water throughout the day. Remember to top it up!

- Done! How many days did you remember to bring your water bottle?



- Try walking, riding or other active ways to get to work. You could even park further away and walk the extra bit to work.

- Done! What active travel mode did you try?



- Stand up if you can at the desk while you work or study. Have a little stretch and pause to take some deep breaths

- Done!



- Trade in one half hour of screen time this week. Use the time to go for a walk or do some stretching.

- Done! What activity did you try when you made the switch?
