


TAKE THE **GET HEALTHY** CHALLENGE

HANCOCK HEALTH
#HANCOCKHEALTHCHALLENGE

2020
January

SUN	MON	TUES	WED	THURS	FRI	SAT
START TODAY AT HEALTHPOSSIBLE.ORG			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	<p>MAKING HEALTH POSSIBLE</p> 



Get
DOWN
ON PAPER
3 REASONS
YOU'RE
GRATEFUL



Get
HYDRATED
WITH 8
GLASSES
EACH DAY



Get
OUTSIDE
1 HOUR/DAY



Get
THINKING:
WHAT DOES
HEALTHY
MEAN
TO YOU?

TAKE THE **GET HEALTHY** CHALLENGE

HANCOCK HEALTH
#HANCOCKHEALTHCHALLENGE

2020
February

	SUN	MON	TUES	WED	THURS	FRI	SAT
	START TODAY AT HEALTHPOSSIBLE.ORG						1 MAKING HEALTH POSSIBLE Hancock Health
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	



RUN/WALK
AN EXTRA
MILE A DAY



TAKE THE
HEART HRA



PACK
A HEALTHY
LUNCH
EVERYDAY



HAVE
A SCREEN-FREE
EVENING