

Nutrition & Cancer Prevention

Complete all 12 tasks to complete this challenge

Eat 2 servings of fruit in 1 day

Eat 3 servings of vegetables in 1 day

Consume white meat only for 1 day

Eat plant based protein only for 1 day

Measure your portions for 2 days

Consume 1 serving (or less) of added sugar for 2 days

Skip using the salt shaker for 2 days

Consume 64oz (or more) of water for 2 days

Eat 2 servings of healthy fats each day x 2 days

Skip dining out for 3 days

Eat a serving of green leafy vegetables each day x 3 days

Add beans, lentils or whole grains to 1 meal x 3 days

Great job completing all of these! Now try to incorporate as many of these as you can on a daily basis.

Physical Activity & Cancer Prevention

Complete all 12 tasks to complete this challenge

Walk 10,000 steps or more x 1 day

Squat or march in place during your morning routine

Set a reminder to stretch every 45 min x 1 workday

Take a fitness class

Talk the stairs all day x 1 day

Walk to complete 1 errand or walk 20 min x 1 day

Stand or walk during a meeting or episode of a show x 2 days

Try a new sport

Stretch for 15 min per day x 3 days

Lift weights or use resistance bands x 2 days

Walk for 10 min (or more) every day x 7 days

Complete 150 minutes of exercise in 1 week

Great job completing all of these! Now try to incorporate as many of these as you can on a daily basis.

Health Care & Cancer Prevention

Complete all 12 tasks to complete this challenge

Schedule any vaccinations you are due for

Schedule your next annual doc appt

Schedule any vaccinations you are due for

If you're a smoker, enroll in a smoking cessation program

Do 10 min deep breathing exercises x 2 days

Avoid alcohol for 2 days

Wear sunscreen daily x 2 days

Practice a bedtime routine x 2 days

Get 7-9 hours of sleep x 2 nights

Schedule any cancer screenings you are due for

Schedule your next dental check up

Enroll in a chronic condition care program

Great job completing all of these! Now try to incorporate as many of these as you can on a daily basis.