

Weekly Challenge Topics



Week of November 12th: Meal Time Without Screen Time



Week of November 19th: Healthy Holiday Recipe Swap



Week of November 26th: 12 Days of Moving More



Week of December 3rd: Pack Your Lunch



Week of December 10th: Mindfulness and Self-Reflection



Week of December 17th: Eat More Fruits and Vegetables



Week of December 24th: Keep a Food and Activity Log

Check Facebook each week for the designated hashtag for your posts!