WALK N’ TALK CHALLENGE

Take three personal or work calls while walking outdoors this week for at least for 10-20 minutes.

7.1 chronicdiseaseday.org

Join the Chronic Disease Day 2020 Group on MyFitnessPal
WEEK 2

STEP UP CHALLENGE

Step up your physical activity and use MyFitnessPal’s step plans to track your goals.

7.1 chronicdiseaseday.org

Join the Chronic Disease Day 2020 Group on MyFitnessPal
STAND UP CHALLENGE

Challenge yourself to stand up every 30 minutes for one to three minutes.

Join the Chronic Disease Day 2020 Group on MyFitnessPal

c3.10 chronicdiseaseday.org
5X5 MEDITATION CHALLENGE

Meditate for 5 minutes for 5 days.

7.1 chronicdisease.org

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WATER CHECK CHALLENGE

Challenge yourself to drink more water!
Drink one more cup of water per day for 7 days until you reach 8 glasses of water.

7.1 chronicdiseaseday.org
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DIET CHALLENGE #1

SWAP IT OUT CHALLENGE

Take one meal and beverage this week and swap it out with healthier option from MyFitnessPal’s Receipte Discovery.

7.1 chronicdisease.org

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DIET CHALLENGE #2

GO VEGGIE CHALLENGE

Choose one day this week to make one or all three meals vegetarian, no meat!

7.1 chronicdisease.org

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