

# CHALLENGE 2026 MAY HEALTH

## Is Your Health MISSION: READY?



Challenge yourself during the month of May by completing an activity each day.

Place a  in the boxes as you go.

Register now! [cfmws.ca/gagetown/may-health-challenge](https://cfmws.ca/gagetown/may-health-challenge)



Write about a time when you were grateful for something someone did for you. <input type="checkbox"/>	Write down a gratitude topic of your choice <input type="checkbox"/>	Write down 3 good things that happened today. <input type="checkbox"/>	My personal health goal today: _____ <input type="checkbox"/>	I took the time to really listen to someone. <input type="checkbox"/>	I refrained from or reduced my use of tobacco products. <input type="checkbox"/>	I ate a fruit or vegetable with each meal. <input type="checkbox"/>
I connected with friends. <input type="checkbox"/>	I quenched my thirst with water. <input type="checkbox"/>	I bent my knees when bending to pick something up. <input type="checkbox"/>	My personal health goal today: _____ <input type="checkbox"/>	I resolved a personal conflict effectively <input type="checkbox"/>	I practiced meditation or a relaxation exercise. <input type="checkbox"/>	I tried a new fruit or vegetable. <input type="checkbox"/>
I encouraged my friends/family to exercise. <input type="checkbox"/>	Have an alcohol-free week or do alcohol-free activities. <input type="checkbox"/>	I video called my family or friend. <input type="checkbox"/>	My personal health goal today: _____ <input type="checkbox"/>	I laughed really hard. <input type="checkbox"/>	I completed 10,000 steps (or 60 min fast walking). <input type="checkbox"/>	I planned my meals and/or snacks ahead of time. <input type="checkbox"/>
I did not eat food from a fast food restaurant. <input type="checkbox"/>	I shared my concerns and how I am feeling with a friend. <input type="checkbox"/>	I did not consume an energy drink for an entire week. <input type="checkbox"/>	I set a new health goal to continue in June. <input type="checkbox"/>	I took time to relax. <input type="checkbox"/>	I reduced my time spent online. <input type="checkbox"/>	I did 5 minutes of core exercises. <input type="checkbox"/>

