

HCPS Health

Challenge Menu

presented by the 2020



The QuaranTeam5 is challenging you to participate in activities to support staying fit - both mentally and physically. When you participate in any challenge, **submit this form** to enter to win a prize. The more challenges you complete, the more entries to win!

The **first 50 teachers to participate** will receive the book, *180 Days of Self Care for Busy Educators!*

Two lucky winners will receive a Nutri Ninja Pro Single Serve Blender and **one winner** will receive a CareFirst gift package!

You can also share your commitment to health using the hashtag **#HCPShealth** on social media.

FITNESS

- ☐ Walk a mile on the Ma & Pa Trail
- ☐ Take a hike in Rocks State Park
- ☐ Create a BurnAlong account and do a workout
- ☐ Walk the Havre de Grace promenade
- ☐ Download the ShareCare app
- ☐ Other fitness activity: _____

HOBBIES

- ☐ Learn/Work on a hobby
- ☐ Go window shopping
- ☐ Complete a jigsaw puzzle
- ☐ Other hobby: _____

FOOD

- ☐ Pack a healthy lunch
- ☐ Try out a new recipe
- ☐ Make a healthy winter soup
- ☐ Treat yourself to dessert at a local business
- ☐ Other food related activity: _____

RELAXATION

- ☐ Color a mandala
- ☐ Read a book for pleasure/enjoyment
- ☐ Drink hot cocoa with marshmallows in your pajamas
- ☐ Other relaxation activity: _____

GRATITUDE

- ☐ Write a 'thank you' note to a colleague
- ☐ Do a random act of kindness
- ☐ Make a treat for a local fire station
- ☐ Other act of gratitude: _____

FRIENDS & FAMILY

- ☐ Call a friend or family member and catch up
- ☐ Check-in with a neighbor
- ☐ Have a game or movie night
- ☐ Other friend/family activity: _____

AROUND TOWN

- ☐ Visit a local playground
- ☐ Shop at a local business
- ☐ Visit a local historical site
- ☐ Other: _____
- ☐ Visit a local library