



An Anthem Company

Healthie Challenge tracker

#

Healthies by: _____

Hover over each pic for a quick tip, then keep a record of your healthies.

<p>Good Things</p>	<p>I took a healthie and shared it on</p>    	<p>I have no doubt I lowered/improved my</p> <p>_____</p>	<p>My favorite healthie is me with my</p> <p>_____</p>	<p>This healthie makes me look/feel</p> <p>_____</p>
<p>Preventive Exams</p>	<p>I took a healthie and shared it on</p>    	<p>I have no doubt I lowered/improved my</p> <p>_____</p>	<p>My favorite healthie is me with my</p> <p>_____</p>	<p>This healthie makes me look/feel</p> <p>_____</p>
<p>Laugh More it Matters</p>	<p>I took a healthie and shared it on</p>    	<p>I have no doubt I lowered/improved my</p> <p>_____</p>	<p>My favorite healthie is me with my</p> <p>_____</p>	<p>This healthie makes me look/feel</p> <p>_____</p>
<p>Healthier Holidays for Real</p>	<p>I took a healthie and shared it on</p>    	<p>I have no doubt I lowered/improved my</p> <p>_____</p>	<p>My favorite healthie is me with my</p> <p>_____</p>	<p>This healthie makes me look/feel</p> <p>_____</p>