






























TAKE THE **GET HEALTHY** CHALLENGE

HANCOCK HEALTH
#HANCOCKHEALTHCHALLENGE

2020
February

	SUN	MON	TUES	WED	THURS	FRI	SAT						
	START TODAY AT HEALTHPOSSIBLE.ORG						1 MAKING HEALTH POSSIBLE 						
2		3		4		5		6		7		8	
9		10		11		12		13		14		15	
16		17		18		19		20		21		22	
23		24		25		26		27		28		29	



RUN/WALK
AN EXTRA
MILE A DAY



TAKE THE
HEART HRA



PACK
A HEALTHY
LUNCH
EVERYDAY



HAVE
A SCREEN-FREE
EVENING