

# JOIN OUR *Sunshine & Strong* 6-WEEK CHALLENGE

JUNE 8 - JULY 20

DROP OFF SHEETS THROUGH JULY 26

DAILY WELLNESS ACTIVITIES FOR KIDS & ADULTS  
BOOST YOUR HEALTH AND WELL-BEING  
CHECK OFF DAYS, EARN ENTRIES FOR PRIZES

**MON**

*Move It  
Monday*

Get moving—just 20  
minutes makes a difference

**TUES**

*Hydration  
Tuesday*

Fuel your body with  
water and whole foods

**WED**

*Wellness  
Wednesday*

Reset your mind with rest  
and reflection

**THURS**

*Try-It  
Thursday*

Step outside your routine  
- try something new

**FRI**

*Feel-Good  
Friday*

Joy, fun, and rewards for  
healthy choices

**SAT**

*Sunshine  
Saturday*

Soak up sunshine and  
enjoy the outdoors

**SUN**

*Slow Down  
Sunday*

Rest, recharge and  
prepare for the week

JOIN THE FUN AND MAKE THIS SUMMER SEASON YOUR HEALTHIEST YET!

Scan the QR code below or visit [FortHealthCare.com/CommunityChallenges](https://FortHealthCare.com/CommunityChallenges) to get started.

