



HEALTHY eating: WELLNESS CHALLENGE CONTRACT

Your wellness affects every aspect of your life. If you have a low level of wellness in any of the three areas (Physical, Mental/Emotional, or Social) you might be on track to develop an illness. For this unit, I want you to set a goal related to nutrition. Then come up with a proposal of an activity that will improve your nutrition.

Area of Wellness that you will be improving on: **NUTRITION- Physical Health**

Proposal: What activity, or action can you take to improve wellness, which you do NOT currently do regularly?

How long will this take? (minimum 4 weeks) _____

Start Date: _____

End Date: _____

How will this activity be tracked? (Fitness log, food calendar, journal, photos)

Required Signatures

Student: _____

Mrs. King: *Megan S. King*

