

# Heart Month Challenge

Use this chart for the week of the Heart Month Challenge and beyond!



	Heart-Healthy Foods	Heart-Healthy Activities	Take ✓ Sunset®
Sunday	_____ _____ _____	_____ _____ _____	<input type="checkbox"/>
Monday	_____ _____ _____	_____ _____ _____	<input type="checkbox"/>
Tuesday	_____ _____ _____	_____ _____ _____	<input type="checkbox"/>
Wednesday	_____ _____ _____	_____ _____ _____	<input type="checkbox"/>
Thursday	_____ _____ _____	_____ _____ _____	<input type="checkbox"/>
Friday	_____ _____ _____	_____ _____ _____	<input type="checkbox"/>
Saturday	_____ _____ _____	_____ _____ _____	<input type="checkbox"/>

## Heart Healthy Foods:

- Fish such as salmon, tuna, mackerel, herring, and trout
- Healthy nuts like almonds or walnuts
- Fresh berries
- Oatmeal
- Kidney beans/ black beans
- Tofu with fresh veggies
- Red, yellow, and orange veggies like carrots, sweet potatoes, red peppers, and squash
- Spinach
- Fruits like oranges, cantaloupes, and papaya
- Asparagus
- Tomatoes
- Dark chocolate (at least 70% cocoa)
- Fresh broccoli

## Heart-Healthy Activities

- A quick, 30 minute walk during your lunch break
- Take a hike this weekend
- Go rock climbing
- Turn up the tunes and dance
- Plan a ski trip
- Head to the gym or get outside with a friend
- Do some yoga
- Go on a bike ride (if there's no ice!)
- Research fun activities that are unique to your area