



# 21 Days to a Healthier Heart Challenge

Are you aware of just how powerful YOU are? You have the power to stop a killer. According to the CDC, heart disease is the number one killer of men and women. Heart disease claims more lives than all forms of cancer. Preventive power lies with real changes to your lifestyle, which can reduce the risk for heart disease by as much as 80 percent.

*For this challenge, you'll have a daily activity to complete. Don't worry if you don't achieve perfection, just do your best!) Earn a maximum of 21 hearts. That's one heart for each day's activity. Note: Extra hearts are not awarded for additional activities.*

## DATE ACTIVITY

- 8 ❤️ Do one thing to [add movement to your day](#).
- 9 ❤️ Boost your mental health with a Meditation Break from [11:15-11:30 a.m. CT](#).
- 10 ❤️ Schedule a biometric screening and get to know your numbers.
- 11 ❤️ Try one of these [tips to help you and your family be more active](#).
- 12 ❤️ Make a heart-healthy [appetizer](#) for the Big Game.
- 13 ❤️ Add a [stretch break](#) to your calendar, or join us for yoga from [12-12:15 p.m. CT](#).
- 14 ❤️ Practice one act of [self-love](#) today!
- 15 ❤️ Discover a world of flavor that exists outside the salt shaker in [this short video](#).
- 16 ❤️ Fit fitness into your day with this livestream walking workout from [1-1:15 p.m. CT](#).
- 17 ❤️ Try a [random act of kindness](#) today!
- 18 ❤️ Show off your red for heart health! Send in photos ([with permission](#)) to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov).
- 19 ❤️ Head to bed with enough time to get a full seven (or more) hours of sleep.
- 20 ❤️ Stress less. Practice [mindfulness](#) this Monday.
- 21 ❤️ Join our Tuesday dance break from [11:45 a.m. - 12 p.m. CT](#), or dance to your favorite song!
- 22 ❤️ Incorporate one round of [office exercises](#) into your workday.
- 23 ❤️ Drink up! Choose only low- or no-calorie beverages today.
- 24 ❤️ Share a funny video or joke that makes you laugh.
- 25 ❤️ Plan your menu for the coming week with heart-healthy [recipes](#).
- 26 ❤️ Connect with a family member and start your [family health tree](#).
- 27 ❤️ Test your nutrition knowledge on fats and oils with this [14-question quiz](#).
- 28 ❤️ Keep going by making a personal [S.M.A.R.T. goal](#) to achieve by March 31.



# 21 Days to a Healthier Heart Challenge Calendar

**DIRECTIONS:** Do your best to complete each day's activity to earn one ♥ per day. Earn a maximum of 21 ♥s total.

Send your challenge photo(s) with [permission](#) to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov). **Note:** Extra hearts are not awarded for additional activities.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<input type="checkbox"/> <b>8</b> ♥ Do one thing to <a href="#">add movement to your day</a> .	<input type="checkbox"/> <b>9</b> ♥ Boost your mental health with a meditation break from <a href="#">11:15-11:30 a.m. CT</a> .	<input type="checkbox"/> <b>10</b> ♥ Schedule a biometric screening and get to know your numbers.	<input type="checkbox"/> <b>11</b> ♥ Try one of these <a href="#">tips to help you and your family be more active</a> .
<input type="checkbox"/> <b>12</b> ♥ Make a heart-healthy <a href="#">appetizer</a> for the Big Game.	<input type="checkbox"/> <b>13</b> ♥ Add a <a href="#">stretch break</a> to your calendar or join us for yoga from <a href="#">12-12:15 p.m. CT</a> .	<input type="checkbox"/> <b>14</b> ♥ Practice one act of <a href="#">self-love</a> today!	<input type="checkbox"/> <b>15</b> ♥ Discover a world of flavor that exists outside the salt shaker in <a href="#">this short video</a> .	<input type="checkbox"/> <b>16</b> ♥ Fit fitness into your day with this livestream walking workout from <a href="#">1-1:15 p.m. CT</a> .	<input type="checkbox"/> <b>17</b> ♥ Try a <a href="#">random act of kindness</a> today!	<input type="checkbox"/> <b>18</b> ♥ Show off your red! Send in photos ( <a href="#">with permission</a> ) <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a> .
<input type="checkbox"/> <b>19</b> ♥ Head to bed with enough time to get a full seven (or more) hours of sleep.	<input type="checkbox"/> <b>20</b> ♥ Stress less. Practice <a href="#">mindfulness</a> this Monday.	<input type="checkbox"/> <b>21</b> ♥ Join our Tuesday Dance Break from <a href="#">11:45 a.m. - 12 p.m. CT</a> , or dance to your favorite song!	<input type="checkbox"/> <b>22</b> ♥ Incorporate one round of <a href="#">office exercises</a> into your workday.	<input type="checkbox"/> <b>23</b> ♥ Drink up! Choose only low- or no-calorie beverages today.	<input type="checkbox"/> <b>24</b> ♥ Share a funny video or joke that makes you laugh.	<input type="checkbox"/> <b>25</b> ♥ Plan your menu for the coming week with heart-healthy <a href="#">recipes</a> .
<input type="checkbox"/> <b>26</b> ♥ Connect with a family member and start your <a href="#">family health tree</a> .	<input type="checkbox"/> <b>27</b> ♥ Test your nutrition knowledge on fats and oils with this <a href="#">14-question quiz</a> .	<input type="checkbox"/> <b>28</b> ♥ Keep going by making a personal <a href="#">S.M.A.R.T. goal</a> to achieve by Mar. 31.	<p><b>My Total ♥s Earned: _____</b></p> <p><b>(<a href="#">Submit your total hearts earned</a> to let us know you participated by Friday, March 3.)</b></p>			