

Healthy Living Challenge

September 20 - September 26

Practice healthy living activities to earn points for entries into the grand prize raffles! Performing one activity one time is equal to 5 points. **Do at least 7 activities to earn 35 points** and earn a ticket for the grand prize raffle. You can do activities as many times as you want – just mark the boxes each day you do an activity! Entries **must be returned to the Ask Us Desk or Youth Services Desk by 6pm on Saturday, September 26.** You can track your own account at westlakelibrary.beanstack.org.



Extra
sleep



Work on
a puzzle



No Pop
Day



Eat your
veggies!



Run,
Walk, or
Hike



Do Yoga



Dance
party



Screen
Free Day



Call a
friend



Journal



Meditate



Read 30
minutes



Walk the
Storywalk at
the REC



Drink 8
glasses of
water



Bike ride



Mail a
letter to a
friend

Bonus!!! Attend virtual library events this week to earn **10 points** for each event!
Visit westlakelibrary.org to see what's happening. What did you attend?

Total Points

Tally up your total points above and mark off the circles below for how many points you've earned! Each circle earned is 1 raffle ticket entry, the more points you earn, the more tickets you get!



35 pts



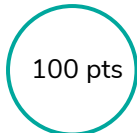
40 pts



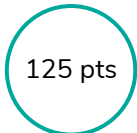
50 pts



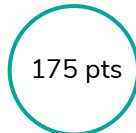
75 pts



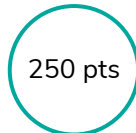
100 pts



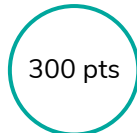
125 pts



175 pts



250 pts



300 pts

Put **all** my tickets in raffle # _____

or

Split my tickets between raffle #'s _____ and _____

Name: _____

Phone Number or Email Address: _____

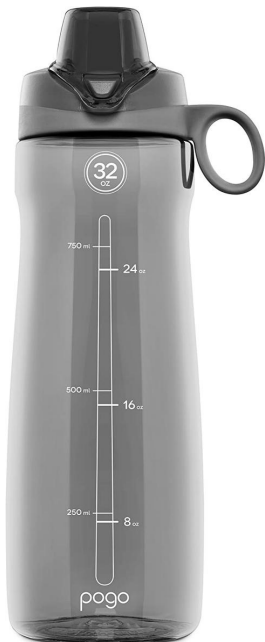
Healthy Living Challenge

Grand Prize Raffle Options

Grand prize drawings will take place on Monday, September 28.

Raffle#1 (18+)

2 winners will be chosen
includes a fitbit, a yoga mat and a water bottle
color / designs may vary



Raffle #2 (Kid Friendly)

This kid friendly prize pack has all you'll need to keep yourself active and healthy this fall.



Raffle #3 (Tween/Teen Friendly)

This tween/teen friendly prize pack has all you'll need to keep yourself active and healthy this fall.

