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?

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.