



August Monthly Challenge



TRACKING SHEET

Family Date Night

Name: _____

It's important to make time for your family and focus on your social wellness. Strengthening your relationships with those around you and developing a support system can have positive results on your health.

Your goal is to participate in family outings or dates throughout the month. You get to decide what activities you do and who you do it with (Ex: Spouse, children, parents, friends). Write on the calendar what you did. Remember to return your tracking sheet to wellness@weber.edu or MC 3501 by September 6th.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31