**MAY IS MENTAL HEALTH MONTH**

* Will you join us in making a challenge pledge and then embarking on a ***7 Day Challenge*** to enrich your Mental Health?
* Choose your challenge. It can be one or more of the following:
  + Physical (walking, running, swimming, skateboarding, dancing…)
  + Musical (singing, playing an instrument, writing songs…)
* Artistic (entering a T-Shirt design contest, painting, drawing…)
* Setting a goal or goals
* Meet your goals and noting what you did

I PLEDGE TO THE FOLLOWING CHALLENGE OR CHALLENGES:

DATES OF MY CHALL ENGE:

Day #

Date:

Activities:

Day #

Date:

Activities:

Day #

Date:

Activities:

Day #

Date:

Activities:

Day #

Date:

Activities:

Day #

Date:

Activities:

MY CHALLENGE RECORD:

Day #

Date:

Activities:

SPONSOR:

