

In support of



Challenge Tracker



Please use this form to track your progress during the Brain Wellness Program's *Summer Brain Wellness Challenge*! Remember that you have to complete an activity in each category, every week.

		Keep Moving	Eat Healthy	Learn Something New	Practice Being Mindful	Stay Connected	Be Creative
WEEK 1 July 27 - Aug 2	DATE						
	ACTIVITY						
WEEK 2 Aug 3 - Aug 9	DATE						
	ACTIVITY						
WEEK 3 Aug 10 - Aug 16	DATE						
	ACTIVITY						

		Keep Moving	Eat Healthy	Learn Something New	Practice Being Mindful	Stay Connected	Be Creative
WEEK 4 Aug 17 - Aug 23	DATE						
	ACTIVITY						
WEEK 5 Aug 24 - Aug 30	DATE						
	ACTIVITY						
WEEK 6 Aug 31 - Sept 6	DATE						
	ACTIVITY						

Please submit completed forms to brain.wellness@ubc.ca to be entered to win a prize!

Please submit your completed forms by September 7th, 2020.