

# March 2015 Monthly Challenge Options

- Add at least 1 green vegetable to your day, at least 3 times a week for the month of March 2015.



- Participate in a group/family exercise for at least 30 minutes, at least once a week for the month of March 2015.



If you have any questions or concerns regarding the challenges, please feel free to schedule a time to talk with me. I want to help you meet these challenges!