



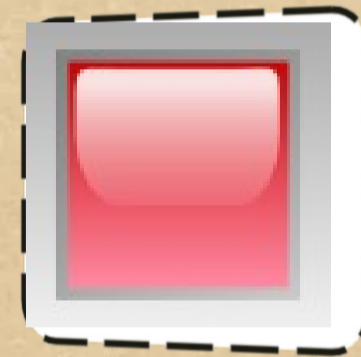
Find 3 different green vegetables and prepare them this week.



Find the park in College Station that has exercise stations and complete the course.



Find a new recipe that uses fish, prepare it and bring us the recipe



Bring something square and red to the next meeting.



Stay away from the sugar! No sweet treats this week. Bring in the calorie count of your favorite cake



Try a healthy smoothie. Bring us the recipe



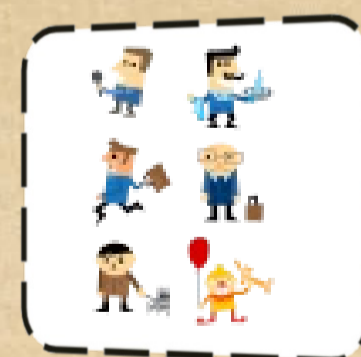
Find and bring a set of stretch band to meeting next week. be prepared to demonstrate an exercise



Chug a Lug. can you get 8 glasses a day.



You must call or email 5 different members and find out their favorite color. While you're at it encourage them.



Bring in a picture of 3 places where you walked this week. If you dont have a camera you can draw it! Don't tell anyone where it is.

