







The Silver & Gold Health & Wealth Challenge

Save \$5 <input type="checkbox"/> <input type="checkbox"/> Organize your finances	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Drink more water	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Go for a walk in nature	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Go to Bed Early	Save \$5 <input type="checkbox"/>  Log 2 Miles
Save \$5 <input type="checkbox"/> <input type="checkbox"/> Stretch	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Eat a vegan meal	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Take a nice bubble bath	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Sing a song from childhood	Save \$5 <input type="checkbox"/>  Log 2 miles
Save \$5 <input type="checkbox"/> <input type="checkbox"/> Go on a solo date	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Journal	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Give yourself a facial	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Practice gratitude	Save \$5 <input type="checkbox"/>  Log 2 miles
Save \$5 <input type="checkbox"/> <input type="checkbox"/> Watch the sunrise	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Read a book	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Explore a new city	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Watch your favorite movie	Save \$5 <input type="checkbox"/>  Log 2 miles
Save \$5 <input type="checkbox"/> <input type="checkbox"/> Get some sunlight	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Start a new hobby	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Write out your goals	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Organize your closet	Save \$5 <input type="checkbox"/>  Log 2 miles
Save \$5 <input type="checkbox"/> <input type="checkbox"/> Give yourself a break	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Learn a new skill	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Dance !	Save \$5 <input type="checkbox"/> <input type="checkbox"/> Surround yourself with positivity	Save \$5 <input type="checkbox"/>  Finish 10K!