







An Anthem Company



Keep your Healthy Little Secrets here.

Secrets found by: _____

Use this Answer Tracker, then turn it in for a chance to get healthy rewards!

Week	Challenge question	Challenge answer	Bonus bits
1 	How often should you change home air filters?		I did it! And my air filter was _____. I never knew this could be so _____
2 	What's the best way to stop your coughing germs from flying?		Check which apply: I definitely have spread germs in public. 😞 I will call out people who do not do the right thing. 😊 I will run from those coughing no matter what! 😞
3 	How can you protect yourself from this touchy germy life?		I shared the importance of hand washing with _____.
4 	How can you make most activities a little healthier?		I was super social this week: I saw these 5 friends _____. In these 5 days _____. And did these 5 things _____