







An Anthem Company



Keep your Healthy Little Secrets here.

Secrets found by: _____

Fill out this answer tracker, then turn it in for a chance to win!

Week	Challenge question	Challenge answer	Bonus bits
1 	How can you add some life to your work space?		I added _____ to my work space and it's making me feel _____.
2 	What happens to your body when you practice gratitude?		What are you thankful for? 1. 2. 3.
3 	Trying something new can actually do what to your brain?		One new thing I tried was _____.
4 	How is getting outdoors good for you?		My favorite part of nature is _____.

Computer users: Fill in your answers and save to your desktop. Noncomputer users: Print and fill out answers on the form.