

# Help Center's 211 Mental Health Challenge 2020

## Activity Log

Be sure to log your activities online. Instructions are at [Run4YourLifeMt.com](http://Run4YourLifeMt.com) under Mental Health Challenge. Deadline to be entered into weekly prizes are Saturdays at 10pm for the previous week.

<b>October 4 – October 10: Mental Health Wellness</b>
<b>October 11 – October 17: Education</b>
<b>October 18 – October 24: Fun</b>
<b>October 25 – October 31: Move</b>