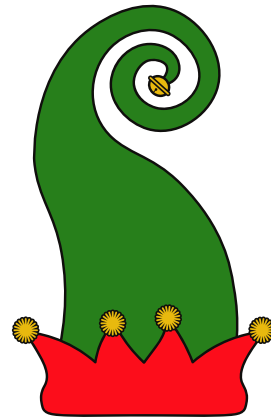Name: _____

ELF FOR HEALTH CHALLENGE

✅ Complete 1 item per day!

Write down which item you completed on which day.
Send in your completed form to the HGH Foundation
before 4 pm on December 23rd to be eligible to win a prize!

November 29: _____

November 30: _____

December 1: _____

December 2: _____

December 3: _____

December 4: _____

December 5: _____

December 6: _____

December 7: _____

December 8: _____

December 9: _____

December 10: _____

December 11: _____

December 12: _____

December 13: _____

December 14: _____

December 15: _____

December 16: _____

December 17: _____

December 18: _____

December 19: _____

December 20: _____

December 21: _____

December 22: _____

December 23: _____

Send in your completed form to: foundation@hgh.ca