



Week 5: Accountability Card

This week is about ways to handle the sun. The sun is great but too much of a good thing can be bad. There is no reason to run from the sun we just need to be in it in a sensible manner. Practice the strategies below and check off the box when you have incorporated the practice into your daily routine.

Practice ways to be in the sun safely to get your healthy dose of vitamin D. Try on most days when the sun is out to be in sun for at least 15-20 minutes.	
Practice techniques to prevent sunburns(Examples: Wear long sleeve and SPF clothing, use hats, sunglasses and sunscreen. limit amount of time in sun and avoid being out during the heat of the day).	
Do a self-examination of your skin. And continue to do these on a regular basis.	
Choose food sources that contain Vitamin D.	