

Enter My Points

Select Week: 1 2 3 4 5 6

Be entered to win up to \$1,000. 10 associates who earn . . .

- 300 - 349 points will win \$500!
- 350 - 399 points will win \$750!
- 400+ points will win \$1,000!

Use this paper form to help you keep track of your points during the week when you're not near a computer. At the end of the week, enter all your points online. Points must be entered online for the current week before the end of the next week or they will not be counted.



Live the **ORANGE** Life!



BE ACTIVE

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

(4 points per check mark)

Today I exercised for 30 minutes

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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EAT HEALTHY

(1 point per check mark)

Today I...

1. Drank 64 ounces of water
2. Ate a healthy breakfast
3. Ate 5 servings of fruits and vegetables (serving is the size of your fist)
4. Ate 5 ounces of lean protein (5 ounces is the size of your palm)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

OUTSMART STRESS

(1 point per check mark)

Today I relieved my stress for 15 minutes with...

1. Breathing exercises, stretching, meditation or visualization
2. "Me" Time

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY BONUS

(2 points per check mark)

This week I...

1. Read the Health Education article and took the quiz
2. Watched the video and took the quiz (weeks 1-5) or completed the challenge survey (week 6)
3. Completed the Healthy Habit of the week
4. Completed my food journal for all 7 days
5. Cooked one healthy recipe from The Home Depot Healthy Living Cookbook