




2015 HEALTH CHALLENGE POINTS OVERVIEW



Your Challenge:

EARN UP TO 166 POSSIBLE POINTS IN 50 DAYS

Once the Challenge begins on July 9, you can earn up to 3 possible points per day for completing healthy activities in the **Move, Fuel** and **Balance** categories. Plus, you can earn two bonus points per week for completing the weekly Homer Bonus activity and cooking a healthy recipe.

CATEGORY	# OF POINTS AVAILABLE PER DAY	# OF DAYS IN THE CHALLENGE	TOTAL POINTS AVAILABLE BY CATEGORY
 move Be physically active	1	X 50	= 50
 FUEL Make healthier food choices	1	X 50	= 50
 Balance Lower stress	1	X 50	= 50
BONUS POINTS: Weekly Homer Bonus Activity	1 point per week		8
BONUS POINTS: Cooking a Healthy Recipe	1 point per week		8

TOTAL POINTS AVAILABLE IN THE CHALLENGE: 166



move

Be physically active

- Incorporated 30 minutes or (2) 15-minute sessions of continuous physical activity into my day



FUEL

Make healthier food choices

- Drank 64 ounces of water
- Chose whole grains instead of refined grains
- Ate at least 3 servings of fruits and vegetables
- Avoided oversized portions



Balance

Lower Stress

- Took 15 minutes or more to do something that was calming or fun
- Slept 7 hours or more
- Worked to reduce an unhealthy habit