

# Healthy Habit Weekly Challenges

Each week you can get up to 7 bonus points if you complete the healthy habit challenge

## **Week 1 (4/2-4/8)**

***Replace Soda and Other Sugary Drinks with Water***

\*Each day this week that you do not consume soda and/or other sugary drinks, you get one bonus point.

## **Week 2 (4/9-4/15)**

***Get 7 or More Hours of Sleep***

\*Each day this week that you get 7 or more hours of sleep, you get one bonus point.

## **Week 3 (4/16-4/22)**

***Take Time for Yourself***

\*Each day this week that you take at least 10 minutes for yourself to practice mindfulness, meditate, do yoga, etc., you get one bonus point.

## **Week 4 (4/23-4/29)**

***Avoid Snacking After Dinner***

\*Each day this week that you do not consume more than 125 calories after dinner, you get one bonus point.

## **Week 5 (4/30-5/6)**

***“Eat the Rainbow”***

\*Each day this week that you eat at least 5 different colored fruits and vegetables, you get one bonus point.

## **Week 6 (5/7-5/13)**

***Exercise with a Buddy***

\*Each day this week that you exercise with at least one other person (must be a human), you get one bonus point.

## **Week 7 (5/14-5/20)**

***Avoid Sugars and Sweets***

\*Each day this week that you don't eat sugary snacks and sweets, you get one bonus point.

## **Week 8 (5/21-5/27)**

***Brush AND Floss Your Teeth Every Day***

\*Each day this week that you brush your teeth at least twice AND floss your teeth at least once, you get one bonus point.