

Healthy Habit Weekly Challenges

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

Week 1 (3/20-3/26)

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 (3/27-4/2)

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 (4/3-4/9)

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 4 (4/10-4/16)

Eat a Variety of Fruits and Vegetables

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

Week 5 (4/17-4/23)

Exercise with a Buddy

*Each day this week that you exercise with at least one other person, you get one bonus point.

Week 6 (4/24-4/30)

Avoid Sugars and Sweets

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

Week 7 (5/1-5/7)

Eat a Healthy Breakfast Every Morning

*Each day this week that you eat a healthy breakfast, you get one bonus point.

Week 8 (5/8-5/14)

Avoid Alcohol and Tobacco

*Each day this week that you do not use alcohol and tobacco, you get one bonus point.

Week 9 (5/15-5/21)

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.

Week 10 (5/22-5/28)

Take Time for Yourself

*Each day this week that you take 15 minutes for YOURSELF to relax, meditate, do yoga, etc., you get one bonus point.