

Healthy Behavior Points:

10-1-23

COMMUNITY

- (10) I helped someone get in and claim their first reward points.
- (10) I volunteered my time to help with a company, community or church service project this month.

HEALTH SCREENING

- (20) I had a mammogram.
- (20) I had a colonoscopy.
- (20) I had a dental health check & had my teeth cleaned.

HEALTH ASSESSMENT

- (60) I received my first Body Scan.
- (20) I made healthy behavior changes and received a 2nd Body Scan.
- (20) I made healthy behavior changes and received a 3rd Body Scan.
- (20) I made healthy behavior changes and received a 4th Body Scan.

HEALTHY HABITS

- (50) If I have been a smoker, I successfully completed a Smoking Cessation program within the last month.
- (5) Smokers & Non-Smokers: I did not vape, use tobacco or any form of non-prescribed drug. (week 1)
- (5) Smokers & Non-Smokers: I did not vape, use tobacco or any form of non-prescribed drug. (week 2)
- (5) Smokers & Non-Smokers: I did not vape, use tobacco or any form of non-prescribed drug. (week 3)
- (5) Smokers & Non-Smokers: I did not vape, use tobacco or any form of non-prescribed drug. (week 4)
- (5) I slept at least 7 hours per night for 5 nights (week 1)
- (5) I slept at least 7 hours per night for 5 nights (week 2)

- (5) I slept at least 7 hours per night for 5 nights (week 3)
- (5) I slept at least 7 hours per night for 5 nights (week 4)
- (5) I drank 11 ½ cups of water (women) /15 ½ cups of water (men) each day for 5 days (week 1)
- (5) I drank 11 ½ cups of water (women) /15 ½ cups of water (men) each day for 5 days (week 2)
- (5) I drank 11 ½ cups of water (women) /15 ½ cups of water (men) each day for 5 days (week 3)
- (5) I drank 11 ½ cups of water (women) /15 ½ cups of water (men) each day for 5 days (week 4)
- (5) I did not drink energy drinks AND no more than 4 (12 oz) cans of soda. (week 1)
- (5) I did not drink energy drinks AND no more than 4 (12 oz) cans of soda. (week 2)
- (5) I did not drink energy drinks AND no more than 4 (12 oz) cans of soda. (week 3)
- (5) I did not drink energy drinks AND no more than 4 (12 oz) cans of soda. (week 4)

HEALTHY WEIGHT

- (10) I lost 5 pounds and maintained my new weight for 30 days.
- (10) I lost 6-10lbs and maintained my new weight for 30 days. (You also earned points for losing the first 5lbs so mark that one off too.)

MIND/SPIRIT WELLBEING

- (5) I wrote down 3 things I am grateful for each day for 5 days (week 1)
- (5) I wrote down 3 things I am grateful for each day for 5 days (week 2)
- (5) I wrote down 3 things I am grateful for each day for 5 days (week 3)
- (5) I wrote down 3 things I am grateful for each day for 5 days (week 4)
- (10) I completed 30 minutes of mindfulness or meditation. (week 1)
- (10) I completed 30 minutes of mindfulness or meditation. (week 2)
- (10) I completed 30 minutes of mindfulness or meditation. (week 3)
- (10) I completed 30 minutes of mindfulness or meditation. (week 4)

MONTHLY HEALTHY EATING/FOOD HABITS

- (5) When I ate out, I chose a healthier option under 700 calories total. Please share what you ate below. (week 1)
- (5) When I ate out, I chose a healthier option under 700 calories total. Please share what you ate below. (week 2)
- (5) When I ate out, I chose a healthier option under 700 calories total. Please share what you ate below. (week 3)

- (5) When I ate out, I chose a healthier option under 700 calories total. (week 4)
- (15) I ate at least 3 Dinnerhub or other healthy, home-cooked or semi home-cooked meals < 700 calories each. Share the name of your favorite below. (week 1)
- (15) I ate at least 3 Dinnerhub or other healthy, home-cooked meals < 700 calories each. Share the name of your favorite below. (week 2)
- (15) I ate at least 3 Dinnerhub or other healthy, home-cooked meals < 700 calories each. Share the name of your favorite below. (week 3)
- (15) I ate at least 3 Dinnerhub or other healthy, home-cooked meals < 700 calories each. Share the name of your favorite below. (week 4)
- (20) I used a calorie calculator or healthy behavior program (i.e. Weight Watchers, Noom, etc.) to determine my daily caloric intake. I stayed within my caloric intake at least 75% of the time this month.
- (10) I tracked what I ate (meals and snacks) for 5 days. (week 1)
- (10) I tracked what I ate (meals and snacks) for 5 days. (week 2)
- (10) I tracked what I ate (meals and snacks) for 5 days. (week 3)
- (10) I tracked what I ate (meals and snacks) for 5 days. (week 4)

PHYSICAL WELLBEING

- (15) I completed 30 minutes of cardio exercise (or reached 10,000 steps) at least 3 times. (week 1)
- (15) I completed 30 minutes of cardio exercise (or reached 10,000 steps) at least 3 times. (week 2)
- (15) I completed 30 minutes of cardio exercise (or reached 10,000 steps) at least 3 times. (week 3)
- (15) I completed 30 minutes of cardio exercise (or reached 10,000 steps) at least 3 times. (week 4)
- (15) I completed 30 minutes of strength training at least 3 times. (week 1)
- (15) I completed 30 minutes of strength training at least 3 times. (week 2)
- (15) I completed 30 minutes of strength training at least 3 times. (week 3)
- (15) I completed 30 minutes of strength training at least 3 times. (week 4)
- (15) I completed 30 minutes of yoga or stretching at least 3 times. (week 1)
- (15) I completed 30 minutes of yoga or stretching at least 3 times. (week 2)
- (15) I completed 30 minutes of yoga or stretching at least 3 times. (week 3)
- (15) I completed 30 minutes of yoga or stretching at least 3 times. (week 4)

HOUSEHOLD MEMBER (SPOUSE, CHILD OR SIGNIFICANT OTHER)

- (10) I completed 30 minutes of cardio exercise (or reached 10,000 steps) at least 20 times this month.

- (15) I ate at least 12 Dinnerhub or other healthy, home-cooked or semi meals (<700 calories each) this month.
- (20) I had a colonoscopy.
- (20) I had a mammogram.
- (20) I had a dental health check and had my teeth cleaned.
- (30) I received my first Body Scan. (Must be over 18. First scan is free for household member. \$20 for each scan after the first.)
- (10) I did not drink energy drinks AND no more than 16 (12 oz) cans of soda this month.
- (10) I drank 11 ½ cups of water (women) / 15 ½ cups of water (men) each day for 20 days this month.
- (10) I wrote down 3 things I am grateful for each day for 20 days this month.
- (20) I tracked what I ate (meals and snacks) for 20 days this month.