

## **Healthy Behavior Points:**

12-1-2025

### **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.
- (10) I sent a kind note to a co-worker 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.
- (20) I had my blood pressure and cholesterol levels checked.
- (20) I received a Body Scan

### **BASELINE HEALTH**

- (10) I filled out the information in My Health Finder Tool to find ways for me to stay healthy.
- (5) I filled out the information in Body Weight Planner to set up healthy weight goals.
- (5) I followed up in Body Weight Planner this month
- (5) I filled out the information in Calculate Your MyPlate Plan.
- (5) I followed up in Calculate Your MyPlate Plan this month.

### **HEALTHY HABITS**

- (20) 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)

- (10) I downloaded the “Impact Suite App” app OR “Talkspace Go” app from the Mind matters section.
- (10) I did my “Daily Check-In” in my Impact Suite App OR “Today’s Reflection” in my Talkspace Go App 5 times this week. (week 1)
- (10) I did my “Daily Check-In” in my Impact Suite App OR “Today’s Reflection” in my Talkspace Go App 5 times this week. (week 2)
- (10) I did my “Daily Check-In” in my Impact Suite App OR “Today’s Reflection” in my Talkspace Go App 5 times this week. (week 3)
- (10) I did my “Daily Check-In” in my Impact Suite App OR “Today’s Reflection” in my Talkspace Go App 5 times this week. (week 4)
- (10) I completed a “Journey” in my Impact Suite App OR a “Series” in my Talkspace Go app this month.

### **MONTHLY HEALTHY EATING/FOOD HABITS**

- (5) When I ate out, I chose a healthier option under 700 calories total. (week 1)
- (5) When I ate out, I chose a healthier option under 700 calories total. (week 2)
- (5) When I ate out, I chose a healthier option under 700 calories total. (week 3)
- (5) When I ate out, I chose a healthier option under 700 calories total. (week 4)
- (5) 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)
- (5) I ate at least 3 Dinnerhub or other healthy, home-cooked meals < 700 calories each. (week 2)
- (5) I ate at least 3 Dinnerhub or other healthy, home-cooked meals < 700 calories each. (week 3)
- (5) I ate at least 3 Dinnerhub or other healthy, home-cooked meals < 700 calories each. (week 4)
- (5) I tracked what I ate (meals and snacks) for 5 days. (week 1)
- (5) I tracked what I ate (meals and snacks) for 5 days. (week 2)
- (5) I tracked what I ate (meals and snacks) for 5 days. (week 3)
- (5) I tracked what I ate (meals and snacks) for 5 days. (week 4)

### **PHYSICAL WELLBEING**

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

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

### **HOUSEHOLD MEMBER (SPOUSE, CHILD OR SIGNIFICANT OTHER)**

- (20) I had a colonoscopy.
- (20) I had a mammogram.
- (20) I had a dental health check and had my teeth cleaned.
- (10) I did not drink energy drinks AND no more than 16 (12 oz) cans of soda 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.

### **DIABETIC/PRE-DIABETIC ACTIVITIES**

- (10) I checked my blood sugar level at least 3x/week this month.
- (10) I took my medications as prescribed by my doctor this month.
- (20) I developed a plan to improve my health with my doctor.

### **PREGNANCY ACTIVITIES**

- (10) I gained the appropriate weight for my pregnancy this month.
- (5) I visited my OB doctor for my pregnancy checkup this month.

### **MUSCULOSKELETAL HEALTH**

- (10) I got up to stand, stretch, and relax my muscles once an hour during work 3 times this week. (Week 1)
- (10) I got up to stand, stretch, and relax my muscles once an hour during work 3 times this week. (Week 2)
- (10) I got up to stand, stretch, and relax my muscles once an hour during work 3 times this week. (Week 3)
- (10) I got up to stand, stretch, and relax my muscles once an hour during work 3 times this week. (Week 4)

- (10) When seated I positioned my back against the chair, feet flat on the floor, and knees at a 90-degree angle with my computer screen at eye level to prevent neck strain 4 times this week. (Week 1)
- (10) When seated I positioned my back against the chair, feet flat on the floor, and knees at a 90-degree angle with my computer screen at eye level to prevent neck strain 4 times this week. (Week 2)
- (10) When seated I positioned my back against the chair, feet flat on the floor, and knees at a 90-degree angle with my computer screen at eye level to prevent neck strain 4 times this week. (Week 3)
- (10) When seated I positioned my back against the chair, feet flat on the floor, and knees at a 90-degree angle with my computer screen at eye level to prevent neck strain 4 times this week. (Week 4)