

WEEK 1 Vibrant You Health Challenge

brought to you by Nature's Pantry, Nicole Haggerty, Tim James, Lasa Baxter and Summer Steele

HEALTHY HABIT POINTS	Aug 1	Aug 2	Aug 3	Aug 4	Aug 5	Aug 6	Aug 7	Total PER CATEGORY
NUTRITION								
1 point per meal for whole, plant-based, organic and/or minimally processed meal. 5 to 9 servings of fruit/veg per day is ideal. Max 3 pts.								
1 point per meal for recipes from approved plant-based cookbook. Max 2 pts.								
1 point for every whole, fresh fruit or vegetable consumed as healthy alternative or snack like an apple or cucumber. Max 2 pts.								
1 to 3 points for avoiding refined flour and sugar, bad oils, heavily processed food, fast food, fried foods and alcohol. See approved oil and sugar list. Max 3 pts.								
SUPPLEMENTS — 1 point for every vitamin, mineral, herb, probiotic or beneficial supplement taken each day. Max 5 points.								
WATER — 5 points per day for drinking half your body weight in ounces, 3 points per day for one third your body weight in ounces. Max 5 pts.								
SLEEP — 5 points per day for 7 to 9 hours of sleep. 3 points for 6 to 7 hours. Max 5 points.								
EXERCISE — 5 points for every 30 minutes of exercise. Steps count too, every 4000 steps = 30 minutes / 5 points. Max 10 points per day. If you like it, you'll do it. Make it something outside and with a friend and check off boxes for fresh air, socialization and mental health at the same time.								
SUNSHINE and/or FRESH AIR — 2 points for every 30 minutes of sunshine and/or fresh air. Max 4 points per day.								
SCREEN TIME & SITTING — 2 points for limiting recreational screen time to 2 hours or less. 2 points for moving and/or stretching often throughout your day. Max 4 points.								
SOCIALIZATION — 2 points for every 30 minutes of positive socialization with family, friend or another health challenger. Max 4 points.								
SPIRITUAL/MENTAL HEALTH								
2 points for feeding your heart and mind positivity through practices like reading, prayer, devotion, music, meditation, thankfulness practice, or nature time. Max 4.								
2 points for other-focused act like meeting a need, speaking encouragement/appreciation and/or lifting someone up in your day. Max 4.								
BONUS POINTS — 5 points per movie. 20 points per book. 5 points per live cooking class watched. Max 50 points for entire challenge.								
PERSONAL GOAL — 1 to 5 points per day for the following goal:								
TOTAL DAILY POINTS								

WEEK 2 Vibrant You Health Challenge

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HEALTHY HABIT POINTS	Aug 8	Aug 9	Aug 10	Aug 11	Aug 12	Aug 13	Aug 14	Total PER CATEGORY
NUTRITION								
1 point per meal for whole, plant-based, organic and/or minimally processed meal. 5 to 9 servings of fruit/veg per day is ideal. Max 3 pts.								
1 point per meal for recipes from approved plant-based cookbook. Max 2 pts.								
1 point for every whole, fresh fruit or vegetable consumed as healthy alternative or snack like an apple or cucumber. Max 2 pts.								
1 to 3 points for avoiding refined flour and sugar, bad oils, heavily processed food, fast food, fried foods and alcohol. See approved oil and sugar list. Max 3 pts.								
SUPPLEMENTS – 1 point for every vitamin, mineral, herb, probiotic or beneficial supplement taken each day. Max 5 points.								
WATER – 5 points per day for drinking half your body weight in ounces, 3 points per day for one third your body weight in ounces. Max 5 pts.								
SLEEP – 5 points per day for 7 to 9 hours of sleep. 3 points for 6 to 7 hours. Max 5 points.								
EXERCISE – 5 points for every 30 minutes of exercise. Steps count too, every 4000 steps = 30 minutes / 5 points. Max 10 points per day. If you like it, you'll do it. Make it something outside and with a friend and check off boxes for fresh air, socialization and mental health at the same time.								
SUNSHINE and/or FRESH AIR – 2 points for every 30 minutes of sunshine and/or fresh air. Max 4 points per day.								
SCREEN TIME & SITTING – 2 points for limiting recreational screen time to 2 hours or less. 2 points for moving and/or stretching often throughout your day. Max 4 points.								
SOCIALIZATION – 2 points for every 30 minutes of positive socialization with family, friend or another health challenger. Max 4 points.								
SPIRITUAL/MENTAL HEALTH								
2 points for feeding your heart and mind positivity through practices like reading, prayer, devotion, music, meditation, thankfulness practice, or nature time. Max 4.								
2 points for other-focused act like meeting a need, speaking encouragement/appreciation and/or lifting someone up in your day. Max 4.								
BONUS POINTS – 5 points per movie. 20 points per book. 5 points per live cooking class watched. Max 50 points for entire challenge.								
PERSONAL GOAL – 1 to 5 points per day for the following goal:								
TOTAL DAILY POINTS								

WEEK 3 Vibrant You Health Challenge

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HEALTHY HABIT POINTS	Aug 15	Aug 16	Aug 17	Aug 18	Aug 19	Aug 20	Aug 21	Total PER CATEGORY
NUTRITION								
1 point per meal for whole, plant-based, organic and/or minimally processed meal. 5 to 9 servings of fruit/veg per day is ideal. Max 3 pts.								
1 point per meal for recipes from approved plant-based cookbook. Max 2 pts.								
1 point for every whole, fresh fruit or vegetable consumed as healthy alternative or snack like an apple or cucumber. Max 2 pts.								
1 to 3 points for avoiding refined flour and sugar, bad oils, heavily processed food, fast food, fried foods and alcohol. See approved oil and sugar list. Max 3 pts.								
SUPPLEMENTS – 1 point for every vitamin, mineral, herb, probiotic or beneficial supplement taken each day. Max 5 points.								
WATER – 5 points per day for drinking half your body weight in ounces, 3 points per day for one third your body weight in ounces. Max 5 pts.								
SLEEP – 5 points per day for 7 to 9 hours of sleep. 3 points for 6 to 7 hours. Max 5 points.								
EXERCISE – 5 points for every 30 minutes of exercise. Steps count too, every 4000 steps = 30 minutes / 5 points. Max 10 points per day. If you like it, you'll do it. Make it something outside and with a friend and check off boxes for fresh air, socialization and mental health at the same time.								
SUNSHINE and/or FRESH AIR – 2 points for every 30 minutes of sunshine and/or fresh air. Max 4 points per day.								
SCREEN TIME & SITTING – 2 points for limiting recreational screen time to 2 hours or less. 2 points for moving and/or stretching often throughout your day. Max 4 points.								
SOCIALIZATION – 2 points for every 30 minutes of positive socialization with family, friend or another health challenger. Max 4 points.								
SPIRITUAL/MENTAL HEALTH								
2 points for feeding your heart and mind positivity through practices like reading, prayer, devotion, music, meditation, thankfulness practice, or nature time. Max 4.								
2 points for other-focused act like meeting a need, speaking encouragement/appreciation and/or lifting someone up in your day. Max 4.								
BONUS POINTS – 5 points per movie. 20 points per book. 5 points per live cooking class watched. Max 50 points for entire challenge.								
PERSONAL GOAL – 1 to 5 points per day for the following goal:								
TOTAL DAILY POINTS								

WEEK 4 Vibrant You Health Challenge

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HEALTHY HABIT POINTS	Aug 22	Aug 23	Aug 24	Aug 25	Aug 26	Aug 27	Aug 28	Total PER CATEGORY
NUTRITION								
1 point per meal for whole, plant-based, organic and/or minimally processed meal. 5 to 9 servings of fruit/veg per day is ideal. Max 3 pts.								
1 point per meal for recipes from approved plant-based cookbook. Max 2 pts.								
1 point for every whole, fresh fruit or vegetable consumed as healthy alternative or snack like an apple or cucumber. Max 2 pts.								
1 to 3 points for avoiding refined flour and sugar, bad oils, heavily processed food, fast food, fried foods and alcohol. See approved oil and sugar list. Max 3 pts.								
SUPPLEMENTS – 1 point for every vitamin, mineral, herb, probiotic or beneficial supplement taken each day. Max 5 points.								
WATER – 5 points per day for drinking half your body weight in ounces, 3 points per day for one third your body weight in ounces. Max 5 pts.								
SLEEP – 5 points per day for 7 to 9 hours of sleep. 3 points for 6 to 7 hours. Max 5 points.								
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SUNSHINE and/or FRESH AIR – 2 points for every 30 minutes of sunshine and/or fresh air. Max 4 points per day.								
SCREEN TIME & SITTING – 2 points for limiting recreational screen time to 2 hours or less. 2 points for moving and/or stretching often throughout your day. Max 4 points.								
SOCIALIZATION – 2 points for every 30 minutes of positive socialization with family, friend or another health challenger. Max 4 points.								
SPIRITUAL/MENTAL HEALTH								
2 points for feeding your heart and mind positivity through practices like reading, prayer, devotion, music, meditation, thankfulness practice, or nature time. Max 4.								
2 points for other-focused act like meeting a need, speaking encouragement/appreciation and/or lifting someone up in your day. Max 4.								
BONUS POINTS – 5 points per movie. 20 points per book. 5 points per live cooking class watched. Max 50 points for entire challenge.								
PERSONAL GOAL – 1 to 5 points per day for the following goal:								
TOTAL DAILY POINTS								