

# 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  | Jan 30 | Jan 31 | Feb 1 | Feb 2 | Feb 3 | Feb 4 | Feb 5 | Total PER CATEGORY |
|---|--------|--------|-------|-------|-------|-------|-------|--------------------|
| <b>NUTRITION</b>  |        |        |       |       |       |       |       |                    |
| 1 point per meal for whole, plant-based, organic and/or minimally processed meal. The goal here is progress not perfection. If the meal is an improvement for you and/or meeting your goals, then give yourself a point. Max 3 pts.   |        |        |       |       |       |       |       |                    |
| 2 points per meal for trying a new plant-based and/or whole-food recipe (see cookbook list). 1 point for sharing a pic of your meal to the VYHC group. Max 3 pts.   |        |        |       |       |       |       |       |                    |
| 1 point for every serving of fruit and vegetables (1 serving = 1/2 cup). 1 large apple can be as much as 2 servings. 5 to 9 servings of fruit/veg per day is ideal. Max 9 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.   |        |        |       |       |       |       |       |                    |
| <b>SUPPLEMENTS</b> — 1 point for every vitamin, mineral, herb, probiotic or beneficial supplement taken each day. Max 10 points.  |        |        |       |       |       |       |       |                    |
| <b>WATER</b> — 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.   |        |        |       |       |       |       |       |                    |
| <b>SLEEP</b> — 5 points per day for 7 to 9 hours of sleep. 3 points for 6 to 7 hours. Max 5 points.   |        |        |       |       |       |       |       |                    |
| <b>EXERCISE</b> — 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. |        |        |       |       |       |       |       |                    |
| <b>SUNSHINE and/or FRESH AIR</b> — 2 points for every 30 minutes of sunshine and/or fresh air. Max 4 points per day.  |        |        |       |       |       |       |       |                    |
| <b>SCREEN TIME &amp; SITTING</b> — 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.  |        |        |       |       |       |       |       |                    |
| <b>SOCIALIZATION</b> — 2 points for every 30 minutes of positive socialization with family, friend or another health challenger. Max 4 points.  |        |        |       |       |       |       |       |                    |
| <b>SPIRITUAL/MENTAL HEALTH</b>  |        |        |       |       |       |       |       |                    |
| 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.   |        |        |       |       |       |       |       |                    |
| <b>BONUS POINTS</b> — 5 points per movie. 20 points per book (ask about TN books). 5 points per VYHC class watched. Max 50 points for entire challenge.   |        |        |       |       |       |       |       |                    |
| <b>PERSONAL GOAL</b> — 1 to 5 points per day for the following goal:  |        |        |       |       |       |       |       |                    |
| <b>TOTAL DAILY POINTS</b>   |        |        |       |       |       |       |       |                    |

# WEEK 2 Vibrant You Health Challenge

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| HEALTHY HABIT POINTS  | Feb 6 | Feb 7 | Feb 8 | Feb 9 | Feb 10 | Feb 11 | Feb 12 | Total PER CATEGORY |
|---|-------|-------|-------|-------|--------|--------|--------|--------------------|
| <b>NUTRITION</b>  |       |       |       |       |        |        |        |                    |
| 1 point per meal for whole, plant-based, organic and/or minimally processed meal. The goal here is progress not perfection. If the meal is an improvement for you and/or meeting your goals, then give yourself a point. Max 3 pts.   |       |       |       |       |        |        |        |                    |
| 2 points per meal for trying a new plant-based and/or whole-food recipe (see cookbook list). 1 point for sharing a pic of your meal to the VYHC group. Max 3 pts.   |       |       |       |       |        |        |        |                    |
| 1 point for every serving of fruit and vegetables (1 serving = 1/2 cup). 1 large apple can be as much as 2 servings. 5 to 9 servings of fruit/veg per day is ideal. Max 9 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.   |       |       |       |       |        |        |        |                    |
| <b>SUPPLEMENTS</b> — 1 point for every vitamin, mineral, herb, probiotic or beneficial supplement taken each day. Max 10 points.  |       |       |       |       |        |        |        |                    |
| <b>WATER</b> — 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.   |       |       |       |       |        |        |        |                    |
| <b>SLEEP</b> — 5 points per day for 7 to 9 hours of sleep. 3 points for 6 to 7 hours. Max 5 points.   |       |       |       |       |        |        |        |                    |
| <b>EXERCISE</b> — 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. |       |       |       |       |        |        |        |                    |
| <b>SUNSHINE and/or FRESH AIR</b> — 2 points for every 30 minutes of sunshine and/or fresh air. Max 4 points per day.  |       |       |       |       |        |        |        |                    |
| <b>SCREEN TIME &amp; SITTING</b> — 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.  |       |       |       |       |        |        |        |                    |
| <b>SOCIALIZATION</b> — 2 points for every 30 minutes of positive socialization with family, friend or another health challenger. Max 4 points.  |       |       |       |       |        |        |        |                    |
| <b>SPIRITUAL/MENTAL HEALTH</b>  |       |       |       |       |        |        |        |                    |
| 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.   |       |       |       |       |        |        |        |                    |
| <b>BONUS POINTS</b> — 5 points per movie. 20 points per book (ask about TN books). 5 points per VYHC class watched. Max 50 points for entire challenge.   |       |       |       |       |        |        |        |                    |
| <b>PERSONAL GOAL</b> — 1 to 5 points per day for the following goal:  |       |       |       |       |        |        |        |                    |
| <b>TOTAL DAILY POINTS</b>   |       |       |       |       |        |        |        |                    |

# WEEK 3 Vibrant You Health Challenge

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| HEALTHY HABIT POINTS  | Feb 13 | Feb 14 | Feb 15 | Feb 16 | Feb 17 | Feb 18 | Feb 19 | Total PER CATEGORY |
|---|--------|--------|--------|--------|--------|--------|--------|--------------------|
| <b>NUTRITION</b>  |        |        |        |        |        |        |        |                    |
| 1 point per meal for whole, plant-based, organic and/or minimally processed meal. The goal here is progress not perfection. If the meal is an improvement for you and/or meeting your goals, then give yourself a point. Max 3 pts.   |        |        |        |        |        |        |        |                    |
| 2 points per meal for trying a new plant-based and/or whole-food recipe (see cookbook list). 1 point for sharing a pic of your meal to the VYHC group. Max 3 pts.   |        |        |        |        |        |        |        |                    |
| 1 point for every serving of fruit and vegetables (1 serving = 1/2 cup). 1 large apple can be as much as 2 servings. 5 to 9 servings of fruit/veg per day is ideal. Max 9 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.   |        |        |        |        |        |        |        |                    |
| <b>SUPPLEMENTS</b> — 1 point for every vitamin, mineral, herb, probiotic or beneficial supplement taken each day. Max 10 points.  |        |        |        |        |        |        |        |                    |
| <b>WATER</b> — 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.   |        |        |        |        |        |        |        |                    |
| <b>SLEEP</b> — 5 points per day for 7 to 9 hours of sleep. 3 points for 6 to 7 hours. Max 5 points.   |        |        |        |        |        |        |        |                    |
| <b>EXERCISE</b> — 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. |        |        |        |        |        |        |        |                    |
| <b>SUNSHINE and/or FRESH AIR</b> — 2 points for every 30 minutes of sunshine and/or fresh air. Max 4 points per day.  |        |        |        |        |        |        |        |                    |
| <b>SCREEN TIME &amp; SITTING</b> — 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.  |        |        |        |        |        |        |        |                    |
| <b>SOCIALIZATION</b> — 2 points for every 30 minutes of positive socialization with family, friend or another health challenger. Max 4 points.  |        |        |        |        |        |        |        |                    |
| <b>SPIRITUAL/MENTAL HEALTH</b>  |        |        |        |        |        |        |        |                    |
| 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.   |        |        |        |        |        |        |        |                    |
| <b>BONUS POINTS</b> — 5 points per movie. 20 points per book (ask about TN books). 5 points per VYHC class watched. Max 50 points for entire challenge.   |        |        |        |        |        |        |        |                    |
| <b>PERSONAL GOAL</b> — 1 to 5 points per day for the following goal:  |        |        |        |        |        |        |        |                    |
| <b>TOTAL DAILY POINTS</b>   |        |        |        |        |        |        |        |                    |

# WEEK 4 Vibrant You Health Challenge

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| HEALTHY HABIT POINTS  | Feb 20 | Feb 21 | Feb 22 | Feb 23 | Feb 24 | Feb 25 | Feb 26 | Total PER CATEGORY |
|---|--------|--------|--------|--------|--------|--------|--------|--------------------|
| <b>NUTRITION</b>  |        |        |        |        |        |        |        |                    |
| 1 point per meal for whole, plant-based, organic and/or minimally processed meal. The goal here is progress not perfection. If the meal is an improvement for you and/or meeting your goals, then give yourself a point. Max 3 pts.   |        |        |        |        |        |        |        |                    |
| 2 points per meal for trying a new plant-based and/or whole-food recipe (see cookbook list). 1 point for sharing a pic of your meal to the VYHC group. Max 3 pts.   |        |        |        |        |        |        |        |                    |
| 1 point for every serving of fruit and vegetables (1 serving = 1/2 cup). 1 large apple can be as much as 2 servings. 5 to 9 servings of fruit/veg per day is ideal. Max 9 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.   |        |        |        |        |        |        |        |                    |
| <b>SUPPLEMENTS</b> — 1 point for every vitamin, mineral, herb, probiotic or beneficial supplement taken each day. Max 10 points.  |        |        |        |        |        |        |        |                    |
| <b>WATER</b> — 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.   |        |        |        |        |        |        |        |                    |
| <b>SLEEP</b> — 5 points per day for 7 to 9 hours of sleep. 3 points for 6 to 7 hours. Max 5 points.   |        |        |        |        |        |        |        |                    |
| <b>EXERCISE</b> — 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. |        |        |        |        |        |        |        |                    |
| <b>SUNSHINE and/or FRESH AIR</b> — 2 points for every 30 minutes of sunshine and/or fresh air. Max 4 points per day.  |        |        |        |        |        |        |        |                    |
| <b>SCREEN TIME &amp; SITTING</b> — 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.  |        |        |        |        |        |        |        |                    |
| <b>SOCIALIZATION</b> — 2 points for every 30 minutes of positive socialization with family, friend or another health challenger. Max 4 points.  |        |        |        |        |        |        |        |                    |
| <b>SPIRITUAL/MENTAL HEALTH</b>  |        |        |        |        |        |        |        |                    |
| 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.   |        |        |        |        |        |        |        |                    |
| <b>BONUS POINTS</b> — 5 points per movie. 20 points per book (ask about TN books). 5 points per VYHC class watched. Max 50 points for entire challenge.   |        |        |        |        |        |        |        |                    |
| <b>PERSONAL GOAL</b> — 1 to 5 points per day for the following goal:  |        |        |        |        |        |        |        |                    |
| <b>TOTAL DAILY POINTS</b>   |        |        |        |        |        |        |        |                    |