

WEEK 1 Vibrant You Health Challenge

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

HEALTHY HABIT POINTS	Aug 21	Aug 22	Aug 23	Aug 24	Aug 25	Aug 26	Aug 27	Total PER CATEGORY
NUTRITION								
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.								
1 points per meal for trying a new plant-based and/or whole-food recipe (see cookbook list). 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, tobacco & 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 10 points.								
WATER — 10 points per day for drinking half your body weight in ounces, 5 points per day for one third your body weight. Max 10 pts.								
SLEEP — 10 points per day for 7 to 9 hours of sleep. 5 points for 6 to 7 hours. Max 10 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 — 3 points for every 30 minutes of sunshine and/or fresh air. Max 6 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 — 3 points for every 30 minutes of positive socialization with family, friend or another health challenger. Max 6 points.								
SPIRITUAL/MENTAL HEALTH								
1 to 5 points for feeding your heart and mind positivity through practices like reading, prayer, devotion, music, meditation, thankfulness practice, or nature time. Max 5.								
1 to 5 points for other-focused act like meeting a need, speaking encouragement/appreciation and/or lifting someone up in your day. Max 5.								
BONUS POINTS — 20 points per movie. 100 points per book. 20 points per VYHC class watched. Max 300 points for entire challenge.								
PERSONAL GOAL — 5 to 10 points per day for the following goal:								
TOTAL DAILY POINTS								

WEEK 2 Vibrant You Health Challenge

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HEALTHY HABIT POINTS	Aug 28	Aug 29	Aug 30	Aug 31	Sep 1	Sep 2	Sep 3	Total PER CATEGORY
NUTRITION								
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.								
1 points per meal for trying a new plant-based and/or whole-food recipe (see cookbook list). 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, tobacco & 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 10 points.								
WATER — 10 points per day for drinking half your body weight in ounces, 5 points per day for one third your body weight. Max 10 pts.								
SLEEP — 10 points per day for 7 to 9 hours of sleep. 5 points for 6 to 7 hours. Max 10 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 — 3 points for every 30 minutes of sunshine and/or fresh air. Max 6 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 — 3 points for every 30 minutes of positive socialization with family, friend or another health challenger. Max 6 points.								
SPIRITUAL/MENTAL HEALTH								
1 to 5 points for feeding your heart and mind positivity through practices like reading, prayer, devotion, music, meditation, thankfulness practice, or nature time. Max 5.								
1 to 5 points for other-focused act like meeting a need, speaking encouragement/appreciation and/or lifting someone up in your day. Max 5.								
BONUS POINTS — 20 points per movie. 100 points per book. 20 points per VYHC class watched. Max 300 points for entire challenge.								
PERSONAL GOAL — 5 to 10 points per day for the following goal:								
TOTAL DAILY POINTS								

WEEK 3 Vibrant You Health Challenge

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HEALTHY HABIT POINTS	Sep 4	Sep 5	Sep 6	Sep 7	Sep 8	Sep 9	Sep 10	Total PER CATEGORY
NUTRITION								
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.								
1 points per meal for trying a new plant-based and/or whole-food recipe (see cookbook list). 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, tobacco & 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 10 points.								
WATER — 10 points per day for drinking half your body weight in ounces, 5 points per day for one third your body weight. Max 10 pts.								
SLEEP — 10 points per day for 7 to 9 hours of sleep. 5 points for 6 to 7 hours. Max 10 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 — 3 points for every 30 minutes of sunshine and/or fresh air. Max 6 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 — 3 points for every 30 minutes of positive socialization with family, friend or another health challenger. Max 6 points.								
SPIRITUAL/MENTAL HEALTH								
1 to 5 points for feeding your heart and mind positivity through practices like reading, prayer, devotion, music, meditation, thankfulness practice, or nature time. Max 5.								
1 to 5 points for other-focused act like meeting a need, speaking encouragement/appreciation and/or lifting someone up in your day. Max 5.								
BONUS POINTS — 20 points per movie. 100 points per book. 20 points per VYHC class watched. Max 300 points for entire challenge.								
PERSONAL GOAL — 5 to 10 points per day for the following goal:								
TOTAL DAILY POINTS								

WEEK 4 Vibrant You Health Challenge

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HEALTHY HABIT POINTS	Sep 11	Sep 12	Sep 13	Sep 14	Sep 15	Sep 16	Sep 17	Total PER CATEGORY
NUTRITION								
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.								
1 points per meal for trying a new plant-based and/or whole-food recipe (see cookbook list). 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, tobacco & 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 10 points.								
WATER — 10 points per day for drinking half your body weight in ounces, 5 points per day for one third your body weight. Max 10 pts.								
SLEEP — 10 points per day for 7 to 9 hours of sleep. 5 points for 6 to 7 hours. Max 10 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 — 3 points for every 30 minutes of sunshine and/or fresh air. Max 6 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 — 3 points for every 30 minutes of positive socialization with family, friend or another health challenger. Max 6 points.								
SPIRITUAL/MENTAL HEALTH								
1 to 5 points for feeding your heart and mind positivity through practices like reading, prayer, devotion, music, meditation, thankfulness practice, or nature time. Max 5.								
1 to 5 points for other-focused act like meeting a need, speaking encouragement/appreciation and/or lifting someone up in your day. Max 5.								
BONUS POINTS — 20 points per movie. 100 points per book. 20 points per VYHC class watched. Max 300 points for entire challenge.								
PERSONAL GOAL — 5 to 10 points per day for the following goal:								
TOTAL DAILY POINTS								