## **WEEK 1 Vibrant You Health Challenge**

HEALTHY HABIT POINTS	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18	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.								
<b>WATER</b> – 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.								
<b>SLEEP</b> – 10 points per day for 7 to 9 hours of sleep. 5 points for 6 to 7 hours. Max 10 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.								
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 throughtout your day. Max 4 points.								
<b>SOCIALIZATION</b> — 3 points for every 30 minutes of positive socialization with family, friend or another health challenger. Max 6 points.								
SPIRITUAL/MENTAL HEALTH								
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 encouragment/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**

HEALTHY HABIT POINTS	Feb19	Feb 20	Feb 21	Feb 22	Feb 23	Feb 24	Feb 25	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.								
<b>WATER</b> – 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.								
<b>SLEEP</b> – 10 points per day for 7 to 9 hours of sleep. 5 points for 6 to 7 hours. Max 10 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.								
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 throughtout your day. Max 4 points.								
<b>SOCIALIZATION</b> — 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 encouragment/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**

HEALTHY HABIT POINTS	Feb 26	Feb 27	Feb 28	Mar 1	Mar 2	Mar 3	Mar 4	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.								
<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.								
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 throughtout 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.								
to 5 points for other-focused act like     meeting a need, speaking     encouragment/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**

HEALTHY HABIT POINTS	Mar 5	Mar 6	Mar 7	Mar 8	Mar 9	Mar 10	Mar 11	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.								
<b>SUPPLEMENTS</b> – 1 point for every vitamin, mineral, herb, probiotic or beneficial supplement taken each day. Max 10 points.								
<b>WATER</b> – 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.								
<b>SLEEP</b> – 10 points per day for 7 to 9 hours of sleep. 5 points for 6 to 7 hours. Max 10 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.								
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 throughtout your day. Max 4 points.								
<b>SOCIALIZATION</b> — 3 points for every 30 minutes of positive socialization with family, friend or another health challenger. Max 6 points.								
SPIRITUAL/MENTAL HEALTH								
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 encouragment/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								