

Vibrant You Health Challenge

HEALTHY HABIT POINTS	Sun	Mon	Tue	Wed	Thr	Fri	Sat	
MEALS — 10 points for every meal with real, organic whole-food, plant-based, and/or minimally processed ingredients. Goal is progress not perfection. If meal is improvement for you/meeting your goals, give yourself points. Max 30 pts.								
FRUITS & VEGIES — 2 points for every serving of whole fruits & veggies, preferably organic. 1 serving = 1/2 cup. 10 servings = 20 points. Max 20 pts.								
FIBER — 10 points for 20+ grams fiber. 20 points for 30+ grams of fiber. Max 20 pts.								
JUNK — 1 to 20 points for avoiding ultra-refined flour, unapproved sweeteners, unapproved oils, non-organic ingredients, GMOs, ultra-processed food, fast food, fried foods, tobacco, drugs & alcohol. Avoiding all of these = 20 pts Max. Subtract points for consuming these. APPROVED OIL & SWEETENER LIST: https://naturespantry.life/challenge-documents								
SUPPLEMENTATION — 1 point for every vitamin, mineral, herb, probiotic and/or supplement. Max 30 pts.								
HYDRATION — 30 points per day for drinking half your body weight in ounces. 15 points per day for one third your body weight. Max 30 pts.								
REST — 30 points for 7 to 9 hours sleep. 20 points for 6 to 7 hours sleep. 10 points for every hour of active rest like sabbath or any activity that helps you destress. Max 40 pts								
EXERCISE & STRETCHING — 10 points for every 30 minutes of exercise and/or stretching (4000 steps = 30 minutes.) Max 40 pts								
SUNSHINE & FRESH AIR — 10 points for 30 minutes of sunshine and/or fresh air. Max 20 pts								
GROUNDING — 10 points for every 30 minutes of grounding. Max 20 pts								
DEEP BREATHING — 10 points for 2 minutes of deep breathing (ie: 4 breaths/minute) Max 20 pts								
SCREEN TIME — 10 pts for less than 2 hrs of recreational screen time. 20 pts for less than 1 hour. Max 20 pts.								
SPIRITUAL PRACTICE — 10 points for every 30 minutes of prayer, devotion, Bible, grattitude, journaling, music (praise, hymns, classical), and/or nature time. Max 20 pts.								
SOCIAL HEALTH — 10 points for every 30 minutes of positive social time with family/ friends/church. Max 20 pts.								
ACTS OF LOVE — 1 to 10 points for an outward-focused act like meeting a need, speaking encouragment, being generous, or praying for someone. Max 20 pts.								
BONUS POINTS — 500 points per book from approved book list 100 points per movie from approved movie list 100 points for new recipe from approved cookbook list 100 points for VYHC class/event attended 100 points for VYHC module (coming soon) 100 points for VYHS episode: VYHS episodes: Max 1,500 points total for entire challenge BOOK, MOVIE, COOKBOOK LIST: https://naturespantry.life/challenge-documents VYHS PODCAST SITE: https://creators.spotify.com/pod/profile/vibrant-you-health-show/								
PERSONAL GOAL — 1 to 20 points per day for the following goal:								WEEKLY TOTAL
TOTAL DAILY POINTS								