

VIBRANT YOU HEALTH CHALLENGE

PROGRAM OVERVIEW

SCORE SHEETS

- Email your weekly points totals to Blake at blake@naturespantry.life. Only need your weekly total, bottom right of each sheet.
- Weekly totals are due the Monday following completed week. Blake will email out anonymous results each week after the totals are tallied.
- The Score Sheets can be done on paper or on your phone or on your computer. I email out a print version and a digital version of the Score Sheets. The digital version has equations already in it for adding up your daily and weekly points. We will also have printed versions at the store printed for you. To track your points on your phone, The Excel app works best. For help with using the Program Guide on your phone or computer, ask Blake.

CHALLENGER COMMITMENTS

- Full effort in all aspects of challenge.
- Adapt the challenge to you and where you are at – keep it simple and achievable.
- Challenge together! We succeed at a much higher level when we have a friend or group to support us in our health goals. Get your family involved, find an exercise buddy, and connect with other challengers. We all need encouraged and supported to pull this off. Stay connected in person, via text or social media. Share pics, stories, recipes, exercises, and encourage one another.
- Enter your points in the Score Sheets every day of the challenge. Getting behind even a couple days can be a big setback. Tracking your points every day will show you how well you are doing in these areas and either motivate you to improve or to keep up the good work.
- Add in as much real, whole food and fruits and vegetables as possible. The goal is not one particular diet (vegan, keto, etc.), but rather to eat as much real, whole food as possible. The goal is improvement from where you are. 5 to 9 servings of fruits and vegetables per day is ideal.
- Attend/watch as many meetings and classes as possible.
- Buy supplements and health food from Nature's Pantry during the challenge – so we can continue to offer this challenge for free.
- Support our local health and fitness professionals who are sponsoring this challenge.
- Submit points on time every week.
- Watch at least one movie and read at least one book on the approved list.

Challenger DISCOUNTS

- Challengers get a month-long DISCOUNT at Nature's Pantry.
- In order to receive the challenger discount, you have to register for a Loyalty Account on our website here (If you don't already have one): <https://naturespantry.storebyweb.com/s/1000-1/register>. Or navigate to www.naturespantry.life / click on SHOP/LOYALTY / click REGISTER / fill out your info and then click the link in the confirmation email (if you don't get a confirmation email check your SPAM folder).
- In addition to the month-long discount, you'll get \$5 on your account instantly upon registration.
- Once registered, email Blake and let him know and he will apply the Health Challenge Discount to your account.
- If you already have a loyalty account, your discount will be applied to your account.

How to join Facebook Group

- Request to join Vibrant You Health Challenge group.
- Facebook not the basis of the program but is a nice tool to stay connected and encourage one another.