WEEK 1 Vibrant You Health Challenge

brought to you by Nature's Pantry, Nicole Haggerty, Mountain Valley & Tim James

HEALTHY HABIT POINTS	Jan 31	Feb 1	Feb 2	Feb 3	Feb 4	Feb 5	Feb 6	Total PER CATEGORY
NUTRITION								
1 point per meal for whole, plant-based, organic and/or minimally processed meal. 5 to 9 servings of fruit/veg per day is ideal. Max 3 pts.								
1 point per meal for recipes from approved plant-based cookbook. Max 2 pts.								
1 point for every whole, fresh fruit or vegetable consumed as healthy alternative or snack like an apple or cucumber. Max 2.								
3 points for avoiding all of the these: refined flour and sugar, bad oils, heavily processed food, fast food, fried foods and 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 5 points.								
WATER – 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 points per day.								
SLEEP – 5 points per day for 7 to 9 hours of sleep. 3 points for 6 to 7 hours. Max 5 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 – 2 points for every 30 minutes of sunshine and/or fresh air. Max 4 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/SMALL GROUPS – 2 points for every 30 minutes of positive socialization and small group time. Max 4.								
SPIRITUAL/MENTAL HEALTH								
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 encouragment/appreciation and/or lifting someone up in your day. Max 4.								
BONUS POINTS – 5 points per movie. 20 points per book. 5 points per live cooking class watched. Max 50 points for entire challenge.								
PERSONAL GOAL – 5 points per day for the following goal:								
TOTAL DAILY POINTS								

WEEK 2 Vibrant You Health Challenge

brought to you by Nature's Pantry, Nicole Haggerty, Mountain Valley & Tim James

HEALTHY HABIT POINTS	Feb 7	Feb 8	Feb 9	Feb 10	Feb 11	Feb 12	Feb 13	Total PER CATEGORY
NUTRITION								
1 point per meal for whole, plant-based, organic and/or minimally processed meal. 5 to 9 servings of fruit/veg per day is ideal. Max 3 pts.								
1 point per meal for recipes from approved plant-based cookbook. Max 2 pts.								
1 point for every whole, fresh fruit or vegetable consumed as healthy alternative or snack like an apple or cucumber. Max 2.								
3 points for avoiding all of the these: refined flour and sugar, bad oils, heavily processed food, fast food, fried foods and 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 5 points.								
WATER – 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 points per day.								
SLEEP – 5 points per day for 7 to 9 hours of sleep. 3 points for 6 to 7 hours. Max 5 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 – 2 points for every 30 minutes of sunshine and/or fresh air. Max 4 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/SMALL GROUPS – 2 points for every 30 minutes of positive socialization and small group time. Max 4.								
SPIRITUAL/MENTAL HEALTH								
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 encouragment/appreciation and/or lifting someone up in your day. Max 4.								
BONUS POINTS – 5 points per movie. 20 points per book. 5 points per live cooking class watched. Max 50 points for entire challenge.								
PERSONAL GOAL – 5 points per day for the following goal:								
TOTAL DAILY POINTS								

WEEK 3 Vibrant You Health Challenge

brought to you by Nature's Pantry, Nicole Haggerty, Mountain Valley & Tim James

HEALTHY HABIT POINTS	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18	Feb 19	Feb 20	Total PER CATEGORY
NUTRITION								
1 point per meal for whole, plant-based, organic and/or minimally processed meal. 5 to 9 servings of fruit/veg per day is ideal. Max 3 pts.								
1 point per meal for recipes from approved plant-based cookbook. Max 2 pts.								
1 point for every whole, fresh fruit or vegetable consumed as healthy alternative or snack like an apple or cucumber. Max 2.								
3 points for avoiding all of the these: refined flour and sugar, bad oils, heavily processed food, fast food, fried foods and 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 5 points.								
WATER – 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 points per day.								
SLEEP – 5 points per day for 7 to 9 hours of sleep. 3 points for 6 to 7 hours. Max 5 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 – 2 points for every 30 minutes of sunshine and/or fresh air. Max 4 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/SMALL GROUPS – 2 points for every 30 minutes of positive socialization and small group time. Max 4.								
SPIRITUAL/MENTAL HEALTH								
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 encouragment/appreciation and/or lifting someone up in your day. Max 4.								
BONUS POINTS – 5 points per movie. 20 points per book. 5 points per live cooking class watched. Max 50 points for entire challenge.								
PERSONAL GOAL – 5 points per day for the following goal:								
TOTAL DAILY POINTS								

WEEK 4 Vibrant You Health Challenge

brought to you by Nature's Pantry, Nicole Haggerty, Mountain Valley & Tim James

HEALTHY HABIT POINTS	Feb 21	Feb 22	Feb 23	Feb 24	Feb 25	Feb 26	Feb 27	Total PER CATEGORY
NUTRITION								
1 point per meal for whole, plant-based, organic and/or minimally processed meal. 5 to 9 servings of fruit/veg per day is ideal. Max 3 pts.								
1 point per meal for recipes from approved plant-based cookbook. Max 2 pts.								
1 point for every whole, fresh fruit or vegetable consumed as healthy alternative or snack like an apple or cucumber. Max 2.								
3 points for avoiding all of the these: refined flour and sugar, bad oils, heavily processed food, fast food, fried foods and 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 5 points.								
WATER – 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 points per day.								
SLEEP – 5 points per day for 7 to 9 hours of sleep. 3 points for 6 to 7 hours. Max 5 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 – 2 points for every 30 minutes of sunshine and/or fresh air. Max 4 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/SMALL GROUPS – 2 points for every 30 minutes of positive socialization and small group time. Max 4.								
SPIRITUAL/MENTAL HEALTH								
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 encouragment/appreciation and/or lifting someone up in your day. Max 4.								
BONUS POINTS – 5 points per movie. 20 points per book. 5 points per live cooking class watched. Max 50 points for entire challenge.								
PERSONAL GOAL – 5 points per day for the following goal:								
TOTAL DAILY POINTS								