



**WORKING FOR A  
HEALTHIER TN**



# Healthy Habits Points Challenge

Name \_\_\_\_\_ Agency/Department \_\_\_\_\_

**Each of the following activities counts as ONE point:**

- Slept for 7+ hours per night five or more days this week
- Ate five or more servings of fruits and vegetables per day five days this week
- Ate a healthy breakfast (mix of protein, carbohydrates and fats; low in sugar) five or more days this week
- No sweets (candy, ice cream, cookies, cake, pie, etc.) five or more days this week
- Instead of eating out, pack a healthy lunch for work every day this week.
- Drank six or more 8-ounce servings of water every day this week
- Lost 1 to 2 lbs. or maintained current weight this week
- Purposefully walked longer at least once every day this week (i.e., parked farther away, got off one bus stop early, took the stairs when they normally take the elevator, took planned walk breaks, etc.)
- Took an intentional break to relax, practice deep breathing or meditate five or more days this week
- Selected one personal healthy habit/goal that you can work toward every week
- 30 minutes of aerobic activity (running, brisk walking, bicycling, cardio machines, etc.)
- 30 minutes of strength training.
- 30 minutes of stretching or mind-body activity

**You can earn a maximum of 25 points per week.** (Points are not awarded for additional healthy habits.)

# Healthy Habits Points Challenge

<b>Week #1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Total</b>
<b>Activity</b>								

**Change happens one step at a time.**

<b>Week #2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Total</b>
<b>Activity</b>								

**One step further each day. You can do it!**

<b>Week #3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Total</b>
<b>Activity</b>								

**"Strive for progress not perfection." - Unknown**

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<b>Week #4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Total</b>
<b>Activity</b>								

**“The only way to finish is to start.” – Unknown**

<b>Week #5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Total</b>
<b>Activity</b>								

**Small steps make big changes.**

<b>Week #6</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Total</b>
<b>Activity</b>								

**Step up to a healthier lifestyle.**

<b>Week #7</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Total</b>
<b>Activity</b>								

**“The secret of getting ahead is getting started.” – Mark Twain**

<b>Week #8</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Total</b>
<b>Activity</b>								

**Congratulations on completing the Healthy Habits Point Challenge!**

Share how you and your agency completed the challenge! Email us at [wfht.tn@tn.gov](mailto:wfht.tn@tn.gov) or share it on our [Facebook page](#). We’d love to hear about it!

**Provided is an alternate tracking sheet for the Healthy Habits Points Challenge.**

## Week

## Wellness Endeavor

## Points Earned

[illegible]