



Healthy Habits Points Challenge

Challenge Instructions

This challenge can be found under the “Tracking and Recognition” section of your Toolkit.

Your Wellness Council may decide on how long to do the challenge, but four to eight weeks is recommended.

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.)

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

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Weekly Newsletter Schedule

Week 1

- S.M.A.R.T. Goal Setting

Week 2

- Sleep

Week 3

- Hydration

Week 4

- Get Active

Week 5

- Take a Break

Week 6

- Power Up with Breakfast

Week 7

- Healthy Lunch

Week 8

- Challenge Wrap-Up

Weekly Newsletter Templates

Send the following emails to your participants on the first day of each challenge week.

Week 1

Subject: Healthy Habits Points Challenge Starts Today!

Week #1 of the Healthy Habits Points Challenge begins today!

(This challenge starts today, _____ and ends _____.)

Anyone can establish healthy habits - it just takes a little patience, practice and the proper support to make it happen! Allow yourself to smart small with just a habit or two, and as those become more natural begin tackling more.

Let's kick-off this Healthy Habits Points Challenge by selecting one personal healthy habit/goal that you can work toward every week. Need help? Check out [this worksheet](#) to find your S.M.A.R.T. Goal.

Week 2

Subject: 1 week down of the Healthy Habits Points Challenge

Week #2 of the Healthy Habits Points Challenge begins today!
(This challenge started _____ and ends _____.)

Did you know that sleep plays a critical role in your overall health? Too little sleep can affect your reaction times, memory and emotions – while an increased need for sleep or persistent drowsiness may indicate other health problems. [Find out more](#), like how much sleep you need and how it affects your body and mind on [Here4TN](#).

Try sleeping for 7+ hours per night five or more days this week!

Week 3

Subject: Hydrating with the Healthy Habits Points Challenge

Week #3 of the Healthy Habits Points Challenge begins today!
(This challenge started _____ and ends _____.)

About 60% of your body weight is made up of water. And you need water for every bodily function. What counts as “water” includes many sources -- drinking water, juices, sodas, smoothies, coffee, tea, sports drinks and even some food. Just be careful as certain fluids have their drawbacks when it comes to their sugar, calories and caffeine content.

Try drinking six or more 8-ounce servings of water every day this week!

Week 4

Subject: You’re almost halfway through the Healthy Habits Points Challenge

Week #4 of the Healthy Habits Points Challenge begins today!
(This challenge started _____ and ends _____.)

You may have caught that the [Physical Activity Guidelines for Americans](#) was updated recently. What we learned is that adults should move more and sit less throughout the day. The truth is that some physical activity is better than none and *any amount* of moderate-to-vigorous physical activity has some health benefits!

Try to get 30 minutes of aerobic activity (running, brisk walking, bicycling, cardio machines, etc.), strength training or stretching, or mind-body activity this week!

Week 5

Subject: We're kicking off Week 5 in the Healthy Habits Points Challenge

Week #5 of the Healthy Habits Points Challenge begins today!
(This challenge started _____ and ends _____.)

Let's face it, life is stressful. With all the demands in and outside of work, it's important that we take breaks to be our best. A short break can do wonders for your body, mood and productivity.

This week, take an intentional break (whether a 15-minute rest break or your 30-minute wellness break) to relax, practice deep breathing or meditate on five or more days!

Week 6

Subject: Just 2 weeks left in the Healthy Habits Points Challenge

Week #6 of the Healthy Habits Points Challenge begins today!
(This challenge started _____ and ends _____.)

The average American spends 90,000 hours at work over their lifetime. When you think about it, that means we're also spending a lot of time making food choices at work.

This week, commit to starting your day off right by eating a healthy breakfast (mix of protein, carbohydrates and fats; low in sugar) five or more days this week.

Some examples of healthy breakfasts include:

- Oatmeal with skim milk and fruit
- Peanut butter and banana whole-grain toast
- Low-fat yogurt parfait with low-fat granola (or whole-grain cereal) and fruit

Week 7

Subject: Let's do lunch.

Week #7 of the Healthy Habits Points Challenge begins today!
(This challenge started _____ and ends _____.)

Last week, we encouraged you to enjoy a healthy breakfast five or more days a week. Now, let's tackle your mid-day meal to ensure your body is getting the fuel (and nutrition) it needs.

This week, instead of eating out, pack a healthy lunch for work every day this week.

Some examples of a healthy lunch to pack include:

- Whole-grain sandwich or wrap with fruit
- Chicken or tuna salad with whole-grain crackers and fruit
- Taco bowl with lean ground meat, brown rice, and your favorite taco toppings (lettuce, onion, salsa, low-fat cheese, black or pinto beans)

Week 8

Subject: You're almost there!

Week #8 (the final week) of the Healthy Habits Points Challenge begins today!
(This challenge started _____ and ends _____.)

Finish out the challenge strong by reflecting in your progress thus far and keeping the momentum going! Maybe even go back to the S.M.A.R.T. Goal you set in Week #1 and see how you're doing with that goal.

Don't forget, to be entered in for the prize for this challenge, please submit your Healthy Habits Points Challenge Tracker to < insert email address >.

You got this!