

HEALTHY HOLIDAY CHALLENGE

To log daily activity, remember that you get one point per 15 consecutive minutes of physical activity (stretching, running, biking, yoga, shoveling snow, yard work, walking your dog, etc).

A maximum of 8 points per day is allowed.

Find bonus point descriptions on the Weekly Point Submission Form - QR code below.

uidaho.edu/holiday-challenge

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	POINTS
WEEK 1 NOV. 24 - 30	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Bonus Points Gratitude Hydration Connection
WEEK 2 DEC. 1 - 7	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Bonus Points Gratitude Hydration Connection
WEEK 3 DEC. 8 - 14	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Bonus Points Gratitude Hydration Connection
WEEK 4 DEC. 15 - 21	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Bonus Points Gratitude Hydration Connection
WEEK 5 DEC. 22 - 28	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Bonus Points Gratitude Hydration Connection
WEEK 6 DEC. 29 - JAN. 4	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Minutes Points	Bonus Points Gratitude Hydration Connection



Weekly points need to be submitted by noon Pacific time, every Tuesday of the following week.

Points for Week 5 will have an extra week to be submitted and must be submitted by Thursday, Jan. 2.

