



# THE HOME DEPOT HEALTHY STATE CHALLENGE




## POINTS OVERVIEW

Challenge runs July 18 – August 28, 2016

### YOUR CHALLENGE:

#### EARN UP TO 144 POSSIBLE POINTS IN 6 WEEKS

Once the Challenge begins on July 18, you can earn up to 3 possible points per day for completing healthy activities in the **Move**, **Fuel** and **Balance** categories. Plus, you can earn three bonus points per week for completing the weekly Bonus activity.

CATEGORY	# OF POINTS AVAILABLE PER DAY	# OF DAYS IN THE CHALLENGE	TOTAL POINTS AVAILABLE BY CATEGORY
 <b>MOVE</b> Be physically active	1	X 42	= 42
 <b>FUEL</b> Make healthier food choices	1	X 42	= 42
 <b>BALANCE</b> Lower stress	1	X 42	= 42
<b>BONUS POINTS:</b> Weekly Theme Bonus Activity	3 points per week		18

**TOTAL POINTS AVAILABLE IN THE CHALLENGE: 144**



### MOVE

#### Be physically active

- Incorporated 30 minutes or (2) 15-minute sessions of continuous physical activity into my day



### FUEL

#### Make healthier food choices

- Drank 64 ounces of water
- Chose whole grains instead of refined grains
- Ate at least 3 servings of fruits and vegetables
- Avoided oversized portions



### BALANCE

#### Lower Stress

- Took 15 minutes or more to do something that was calming or fun
- Slept 7 hours or more
- Worked to reduce an unhealthy habit

